

Please order and pay at the bar.

SHARING

THE
COVE
DRINK & EAT

SMALL PLATES

£6 each or 4 for £20

Soft shell fish taco - Mini tempura pollock goujons in a soft tortilla with homemade tartare and sauerkraut.

Patatas bravas – triple cooked potatoes with smokey paprika sauce. 🥕

Albondigas – Pork meat balls in a spicy tomato sauce.

Cod cheeks – in a chorizo and tomato ragu.

Mini baked camembert - with red onion chutney and ciabatta soldiers. 🥕

Chorizo scotch egg – with garlic aioli.

Stuffed vine leaves 🥕

Pork and fig chipolata smothered in a cider and mustard glaze.

SHARERS

For two people

SEAFOOD LOVERS £22

Fish goujons, smoked salmon, steamed mussels, crab claws in a garlic, white wine sauce, garlic crevettes with our own slaw, tartare sauce and a dressed side salad.

Add... Chef's bread £3.50

NACHOS v £11 🥕

A mountain of tortilla chips topped with spicy salsa, cheese, sour cream and guacamole. GF at request.

Add...

Pimp up your Nachos with pulled pork. £3.50

Add... Crispy bacon bites. £3.50

MEDITERRANEAN MEZZE £13 🥕

Featuring our marinated olives, stuffed vine leaves, homemade red pepper hummus, toasted pitta and marinated feta. GF at request.

MIXED GRILL FEAST £28

Moroccan chicken, Welsh Steak, Jack Daniel's pulled pork, pork and fig chipolata, sticky thai ribs, chips, slaw, red onion, tomato and mushroom.

MEAT FEAST £17

Slow all day braised BBQ pork ribs, Southern fried chicken goujons, homemade Italian meatballs in spicy tomato sauce and onion rings.

SIDES

Homemade onion rings 3.50
Pembrokeshire baby potatoes 2.50
Peppercorn or blue cheese sauce 3
Seasonal dressed salad bowl 3
Garlic bread 4 with cheese 4.50
Chef's bread / Pitta Bread 3.50
House fries 2.50
Olives 3.50

Wednesday Wobble

2 for 1 drinks

9-11pm

*On selected pints, wines and spirits.



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SUNDAY LUNCH

THE
COVE
DRINK & EAT

Each of our locally sourced meat platters is served with; Homemade cranberry and sausage meat stuffing, goose fat roast potatoes, Yorkshire puddings, bone marrow gravy, honey and thyme roasted carrots and parsnips, seasonal vegetables and creamy leeks.

WHOLE CHICKEN - FOR FOUR

Succulent whole roast chicken. 35 only £8.75 per person!

Add... Pembrokeshire Beef or roasted loin of pork for £5 supplement.

DOUBLE ROAST PLATTER

Pembrokeshire Beef and Succulent Chicken Small Plater: 11

Large Platter (Perfect for Two) 17

TRIPLE ROAST PLATTER

Pembrokeshire Beef, Succulent Chicken and Roasted Loin of Pork Small Plater: 13

Large Platter (Perfect for Two) 20

OUR CATCH OF THE DAY

VEGETARIAN OPTION OF THE DAY 

KIDS ROAST

Choice of chicken beef or pork with all the trimmings. (Under 12s only) 6

PUDDINGS

MANGO & PASSION FRUIT CHEESECAKE £6

Served with a scoop of
Pembrokeshire ice cream
or cream.

ICE-CREAM SUNDAE £4.50

Served with a scoop of
Pembrokeshire ice cream
or cream.

APPLE & MIXED BERRY CRUMBLE G/F £4.50

Served with a scoop of
Pembrokeshire ice cream
or cream.

*Allergen Information**

If you require information regarding the presence of allergens in any of our food or drink, please ask a member of The Cove team who will be happy to provide this information. Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients. If you have any dietary needs please inform a member of staff when you order. We take the time to source our food from local suppliers as we feel that Pembrokeshire produce is some of the finest in the world. Items on this menu may contain nuts.