

PICK & SHARE

£6 each or 4 for £20

Dirty fries - fries topped with bacon bits, jalapenos, melted cheddar and Halen yr Môr sea salt. **gf**

Patatas bravas – triple cooked potatoes with smokey paprika sauce. **gf v**

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

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

Smoked chorizo and apple scotch egg, served with garlic aioli.

Whipped feta and beetroot bruschetta **v**

Mini meatballs in a spicy tomato sauce.

Spiced halloumi fries, topped with mint yogurt and pomegranate. **v**

Homemade red pepper hummus, dipping oils and pitta bread. **gf v**

Pan-fried garlic and lemon prawns **gf**

SHARERS

For two people

SEAFOOD LOVERS

Fish goujons, smoked salmon, steamed mussels, garlic crevettes, crab claws in a garlic and white wine sauce. Served with our own slaw, tartare sauce and a dressed side salad. £22

Add... Chef's bread £3.50

NACHOS

A mountain of tortilla chips topped with spicy salsa, cheese, sour cream and guacamole. **gf v** £11

Add...

Pimp up your Nachos with pulled pork. £3.50

Add... Crispy bacon bites. £3.50

MEDITERRANEAN MEZZE

Featuring our marinated olives, whipped feta and beetroot bruschetta, homemade red pepper hummus, toasted pitta. **gf v** £13

SHARERS

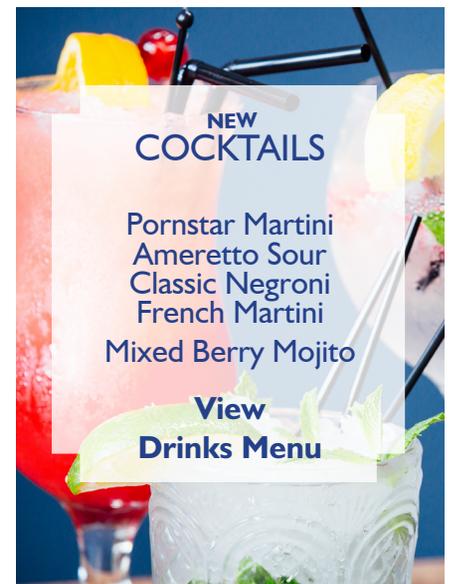
For two people

MIXED GRILL FEAST

Moroccan chicken, Welsh Steak, Jack Daniel's pulled pork, pork and fig chipolata, sticky Thai ribs, chips, slaw, red onion, tomato and mushroom. £28

MEAT FEAST

Hickory BBQ ribs, Southern fried chicken goujons, homemade Italian meatballs in spicy tomato sauce and onion rings. £17



FRESHLY FILLED CIABATTAS

Welsh steak and red onion marmalade £9.50
Beer batter fish finger, homemade tartare sauce £9
Hickory BBQ Pulled Jackfruit, lettuce **vegan** £8.50
Marinated satay vegan chicken strips,
lettuce **vegan** £8.50
Ham salad £8

Southern fried chicken goujons with cheese £8
Hot pork and stuffing £8.50
Welsh mature cheddar and pickle £8

All ciabattas served with chips and slaw.

Gluten Free

Available please inform a member of staff when ordering.

*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.

MAINS

10oz PEMBROKESHIRE SIRLOIN STEAK

Grilled to your liking, served with red onion, sautéed mushroom, tomato and chunky chips. **gf** £19

GAMMON, EGG & CHIPS

Gammon steak with free range fried egg served with salad and chunky chips. **gf** £13.50

BUTTERFLY CHICKEN

Garlic and thyme butterfly chicken served with red onion, sautéed mushroom, tomato and chunky chips. **gf** £13.50

CLASSIC FISH & CHIPS

Beer Battered fillet of fish, gem lettuce, tomato & homemade tartare sauce. Served with chunky fries. £11

JACKFRUIT BALTI

Jackfruit, sweet potato Balti with rice and poppadom. **gf vegan** £12.50

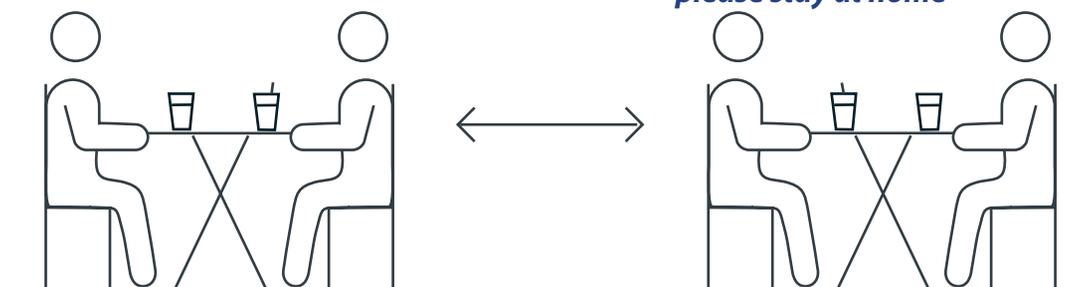
STAY SAFE



Wash your hands



If you have symptoms, please stay at home



Maintain Social Distancing

THE COVE BURGER

8oz Pembrokeshire beef patty or butterfly chicken topped with Jack Daniels BBQ slow cooked pulled pork, salad, slaw and chips. £14

Add... cheese £1

Add...bacon £1

MOROCCAN SPICED CHICKEN SKEWERS

With couscous, dressed salad, pitta bread with mint and yogurt dip. £14

THE FALAFEL BURGER

Falafel with gem lettuce, hummus served on tomato bread and chunky chips. **vegan** £13

CHICKEN CAESAR

Chargrilled chicken breast on mixed leaves, baby tomatoes, croutons, parmesan shavings, caesar dressing. **gf** £12

TACO TRIO

3 tacos served with chips and salad.
BBQ Pulled Pork
Moroccan Chicken
Marinated Sweet Chilli Cod £14

SEAFOOD LINGUINE

Linguine pasta with prawns, mussels and smoked salmon in a rich seafood veloute. £14

PAN FRIED SEA BASS

On a bed of sautéed chorizo onion and potatoes topped with a tomato salsa. **gf** £15

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
Chefs bread / Pitta Bread £3.50
Chips £2.50
Olives £3.50