

## LUNCH MAINS

### TACO TRIO

3 tacos served with chips and salad.  
Toriyaki beef, Moroccan chicken and  
marinated sweet chilli cod..... £15

### THE FALAFEL BURGER

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

### SEARED TUNA STEAK

With vietnamese salad and chilli  
butter..... £14

### MOROCCAN SPICED CHICKEN SKEWERS

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

### FIDEUÀ

A Valencian dish similar to paella:  
mussels, prawns, clams and cod with  
vermicelli pasta..... £14

### LUXURIOUS MACARONI CHEESE

Cheesy macaroni pasta **v**..... £12  
**Add** Chorizo..... £3

### CHICKEN CAESAR

Char-grilled chicken breast on mixed  
leaves, baby tomatoes, croutons,  
parmesan shavings and caesar dressing  
**(ask for gf)**.....£12

### THE COVE BURGER

8oz Pembrokeshire beef patty or  
butterfly chicken topped with cheese,  
salad, slaw and chips..... £14  
**Add** Bacon..... £1

## FROM THE GRILL - all served with baked vine tomatoes, salad and chips.

10oz RIBEYE STEAK - £22 | 8oz FILLET STEAK - £25 | MARINATED CHICKEN BREAST - £15 | GAMMON &  
EGG - £15 | FILLET OF SALMON - £15 |

## SHARERS - For two people

### NACHOS

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

**Add** Crispy bacon bites..... £3.50

### SURF 'N' TURF

Strips of ribeye steak, garlic marinated chicken, thai tiger  
prawns, baked chorizo and parmesan scallops, smoked  
salmon and olive salad and a lemon & chilli sauce..... £28

### DIRTY PRAWN STARS

Fries topped with prawns and thermidor sauce..... £14

### SEAFOOD LOVERS

Locally steamed clams, mussels, crab claws and tiger  
prawns in a white wine and parsley velouté, with baked  
chorizo and masano scallops and a smoked salmon and  
olive salad..... £22

**Add** Chef's bread..... £3.50

### NEW FRUITS DE MER

Cold platter served on a bed of ice. Whole dressed crab,  
tiger prawns, smoked salmon pâté, Welsh laverbread and  
crab claws, served with fresh bread and oil..... £14

## SIDES

Onion rings..... £3.50	Macaroni cheese... £4
Fries..... £2.50	Add chorizo..... £1
Dirty fries..... £4	Steamed beans with chilli salt..... £3
Garlic Baguette..... £4	
Add cheese.....50p	

## FRESHLY FILLED CIABATTAS

Tenby cheese steak..... £11	Southern fried chicken goujons with cheese..... £8
Beer battered fish finger with homemade tartare sauce..... £9	Marinated satay vegan chicken strips with lettuce <b>ve</b> ..... £8.50
Locally caught crab in homemade seafood sauce with fresh salad £8	Ham salad*..... £8

**Ciabattas served with chips and slaw. GF available, please ask.**