

LUNCH MAINS

MOROCCAN SPICED CHICKEN SKEWERS

With couscous, dressed salad and pitta bread with a mint and yogurt dip.. £16

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..... £16

SPICY CHICKEN FAJITAS

Served with salad, sour cream and guacamole..... £14

FIDEUÀ

A Valencian dish similar to paella: mussels, prawns, clams and cod with vermicelli pasta..... £16

LUXURIOUS MACARONI CHEESE

Cheesy macaroni pasta **v**..... £14
Add Chorizo..... £3

CHICKEN CAESAR

Chargrilled chicken breast on mixed leaves, baby tomatoes, croutons, parmesan shavings and caesar dressing **(ask for gf)**.....£15

THE COVE BURGER

8oz Pembrokeshire beef patty or butterfly chicken topped with cheese, salad, slaw and chips..... £15
Add Bacon..... £1

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

10oz RIBEYE STEAK - £26 | 8oz FILLET STEAK - £28 | MARINATED CHICKEN BREAST - £15.50 | GAMMON & EGG - £15 | FILLET OF SALMON - £17 |

SHARERS - For two people

NACHOS

A mountain of tortilla chips topped with spicy salsa, cheese, sour cream and guacamole **gf v**..... £13
Add Crispy bacon bites..... £3.50

SEAFOOD LOVERS

Locally steamed clams, mussels, crab claws and tiger prawns in a white wine and parsley velouté, with baked chorizo and parmesan scallops and a smoked salmon and olive salad..... £32
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..... £35

THE DIRTY DOG

Fries topped with chopped bratwurst sausage, ketchup, chopped gherkins and American mustard £14

DIRTY PRAWN STARS

Fries topped with prawns and thermidor sauce..... £16

FRESHLY FILLED CIABATTAS

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

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

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

SAUCES

Peppercorn..... £3 Cheddar (perfect for chips).. £3
Thermidor..... £3 Lemon & chilli butter.. £3
Blue cheese & port.. £3

****Allergen Information**** If you require allergen information, or need to **inform us of dietary needs, please speak to a member of The Cove team.** Whilst a dish may not contain a specific allergen, foods may be at risk of cross contamination in the kitchen. Items on this menu may contain nuts.