

STARTERS

CRISPY COD

Tempura battered cod cheeks on a bed of rocket, served with tomato salsa..... £8

CHORIZO KING SCALLOPS

Baked chorizo and parmesan king scallops..... £9

CHARRED ASPARAGUS

With balsamic vinegar, parmesan shavings and Hollandaise dip..... £7

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

DIRTY PRAWN STARS

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

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, cheese & American mustard £14

TREAT YOURSELF

TENBY-CAUGHT LOBSTER

Choose between a whole or half Tenby-caught lobster cooked in garlic butter, served with dressed salad and potatoes..... £20/£35

MISO MUSTARD PORK CHOP

With sesame and green beans, served with thyme and garlic baby roast potatoes..... £18

CHEF RECOMMENDS

LOCAL, DRESSED CRAB

Caribbean style crab mixed with chilli, garlic and spring onions, baked with a parmesan and herb crust. Served with new potatoes and salad..... £16.50

COCKTAILS

- ACCOMPANY YOUR DISH WITH COCKTAILS -

- PORNSTAR MARTINI
- FRENCH MARTINI
- ESPRESSO MARTINI
- SEX ON THE PIER
- MOJITO
- CLASSIC NEGRONI
- OCEAN BREEZE

- LONG CALDEY ISLAND
- SINGAPORE SLING
- WOO WOO
- MAI THAI
- BAKEWELL FIZZ
- APEROL SPRITZ
- AMARETTO SOUR



MAINS

MOROCCAN SPICED CHICKEN SKEWERS

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

LUXURIOUS MACARONI CHEESE

A classic; creamy macaroni pasta with cheese v..... £14
Add Chorizo..... £3

CHICKEN CAESAR

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

CHEF RECOMMENDS

SEARED TUNA STEAK

Served with vietnamese salad and chilli butter..... £16

THE FALAFEL BURGER

Falafel with gem lettuce, hummus served on tomato bread and chunky chips **ve**.....£13
Add Vegan Cheese.....50p

CHEF RECOMMENDS

FIDEUÀ

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

SPICY CHICKEN FAJITAS

Served with salad, sour cream and guacamole..... £15

THE COVE BURGER

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

SAUCES

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

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 TOPPED WITH AN EGG..... £15
 FILLET OF SALMON..... £17

SIDES

Homemade onion rings.. £3.50
 Macaroni cheese..... £4.00
 Add chorizo..... £1.00
 Garlic baguette..... £4
 Cheesy garlic baguette.... £4.50
 Steamed beans served with chilli salt..... £3.50
 Fries..... £2.50
 Dirty fries..... £4

COCKTAILS

Pornstar Martini

Classic Negroni

Mixed Berry Mojito

Amaretto Sour

French Martini

& many more...

****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. 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.