

SUNDAY LUNCH

STARTERS

Garlic Mushrooms | £6.50
Crispy Cod Cheeks | £6.50
Charred Asparagus with Parmesan | £6.50

MAINS

Plate for 1 £12.95 | Platter for 2 £24 | Platter for 4 £46

CHOOSE 1, 2, 3 MEATS
Succulent Roast Turkey
Pembrokeshire Roast Beef
Tender Roast Pork
Market Fish
Vegetarian Roast

Homemade cranberry and sausage meat stuffing, goose fat roasted potatoes, seasonal vegetables, honey and thyme roasted parsnips and carrots, creamy leeks and a yorkshire pudding, all covered in rich bone marrow gravy.

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..... £15

LUXURIOUS MACARONI CHEESE

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

FISH & CHIPS

Beer battered white fish served with chunky chips..... £13

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