

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

SOUP OF THE DAY

Served with a fresh chef's bread.....£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. Chorizo scallops, tiger prawns, smoked salmon and Welsh laverbread, 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

MISO MUSTARD PORK CHOP

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

FILLET OF HAKE

With pesto mash, balsamic roasted cherry tomatoes, garlic and olives..... £22

PAN ROASTED CHICKEN SUPREME

With garlic mash, chorizo and silverskinn onions with a sherry vinegar £21

CHEF RECOMMENDS

VEGAN STUFFED PEPPERS

Stuffed with tomato and mint risotto and topped off with a rich tomato sauce. Served with chef's salad..£16

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 vegan brioche bun 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

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

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

COCKTAILS

Pornstar Martini	Classic Negroni	Mixed Berry Mojito
Amaretto Sour	French Martini	& many more...