

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

CHEF RECOMMENDS

FIDEUÀ

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

CHICKEN CAESAR

Char-grilled 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

LUNCH FAVOURITES

FISH & CHIPS £14
HOMEMADE CAWL £9.50
SOUP OF THE DAY £8

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, Welsh laverbread and chorizo scallops, served with fresh bread and oil..... £35

THE DIRTY DOG

Fries topped with chopped bratwurst sausage, ketchup, chopped gherkins, cheese 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

Prawns in a marie rose sauce with fresh salad £8

Southern fried chicken goujons with cheese..... £8

Vegan BBQ pulled pork with lettuce **ve**.....£8.50

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

SAUCES

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

SIDES

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