

## STARTERS

### CRISPY COD

Tempura battered cod cheeks on a bed of rocket, served with tomato salsa..... £9

### CHORIZO KING SCALLOPS

Baked chorizo and parmesan king scallops **(ask for gf)** £10

### CHARRED ASPARAGUS

With balsamic vinegar, parmesan shavings and Hollandaise dip **gf**. £8.50

### SOUP OF THE DAY

Served with a fresh chef's bread **gf**.....£8

## SHARERS - For two people

### NACHOS 🌱

A mountain of tortilla chips topped with spicy salsa, cheese, sour cream and guacamole **gf v**..... £14

**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 **gf**..... £32

**Add** Chef's bread..... £3.50

### DIRTY PRAWN STARS

Fries topped with prawns, thermidor sauce and melted cheese **gf**..... £17

### NEW MEAT FEAST

Beef short rib, Southern fried chicken, meatballs in a rich tomato sauce, chips, onion rings, slaw and salad..... £24

### THE DIRTY DOG

Fries topped with chopped bratwurst sausage, ketchup, chopped gherkins, cheese & American mustard ..... £15

## TREAT YOURSELF

### BEEF SHORT RIB

Served with creamy mash, seasonal veggies and a rich red wine gravy **(ask for gf)**..... £22

### FILLET OF HAKE

Marinated in pesto and wrapped in prosciutto, with crushed new potatoes and a dill sauce **gf**..... £22

### WILD MUSHROOM & PARMESAN RISOTTO

With wilted spinach..... £16

### PAN ROASTED CHICKEN SUPREME

Served with a stilton & leek sauce, wrapped in smoky bacon and served with dauphinoise potatoes and seasonal vegetables **gf**..... £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..£17

## 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 (**ask for gf**)..... £17

### 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

Tuna steak served with fragrant rice, Thai style sauce & salad.... £20

### THE FALAFEL BURGER

Falafel with gem lettuce, hummus served on vegan brioche bun and chunky chips **ve**.....£14  
**Add Vegan Cheese**.....50p

#### CHEF RECOMMENDS

### SEAFOOD LINGUINE

Mussels, prawns, clams and smoked salmon in a garlic and white wine sauce..... £17

### SPICED CHICKEN FAJITAS

Served with salad, sour cream and guacamole (**ask for gf**)..... £16

### THE COVE BURGER

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

### SEAFOOD SALAD

Served with prawns & smoked salmon **gf** .....£16

## SAUCES

Peppercorn **gf**..... £4  
 Thermidor **gf**..... £4  
 Blue cheese and port **gf**..... £4  
 Cheddar (great on chips) **gf** .£4

## FROM THE GRILL

All served with baked vine tomatoes, salad and chips.

10oz RIBEYE STEAK **gf**..... £27  
 8oz FILLET STEAK **gf** ..... £30  
 MARINATED CHICKEN BREAST **gf**..... £17  
 GAMMON TOPPED WITH AN EGG **gf**..... £17  
 FILLET OF SALMON **gf**..... £19

## SIDES

Homemade onion rings.. £3.50  
 Macaroni cheese..... £4.00  
 Add chorizo..... £1.00  
 Garlic baguette..... £4  
 Cheesy garlic baguette.... £4.50  
 Side salad..... £3.50  
 Fries **gf**..... £2.50  
 Dirty fries **gf**..... £6

## COCKTAILS

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

 Ask your server to make this dish vegan