

LUNCH MAINS

MOROCCAN SPICED CHICKEN SKEWERS (GF?)

With couscous, dressed salad and pitta bread with a mint and yogurt dip.. £17

SPICED CHICKEN FAJITAS (GF?)

With salad, sour cream and guac.. £16

LUXURIOUS MACARONI CHEESE

Cheesy macaroni pasta v..... £14

Add Chorizo..... £3

SEAFOOD SALAD gf

With prawns and smoked salmon. £16

SEARED TUNA STEAK

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

THE FALAFEL BURGER

Falafel with gem lettuce & hummus on tomato bread and chunky chips **ve** £14

Add Vegan cheese..... £1

CHEF RECOMMENDS

SEAFOOD LINGUINE

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

CHICKEN CAESAR (GF?)

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 gf - all served with baked vine tomatoes, salad and chips.

10oz RIBEYE STEAK - £27 | 8oz FILLET STEAK - £30 | MARINATED CHICKEN BREAST - £17 | GAMMON & EGG - £17 | FILLET OF SALMON - £19

LUNCH FAVOURITES

FISH & CHIPS £14

HOMEMADE CAWL £9.50

SOUP OF THE DAY 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

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 and American mustard £15

DIRTY PRAWN STARS

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

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 £10

Southern fried chicken goujons with cheese..... £9.50

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

Ask your server to make this dish vegan

(GF?) Ask your server to make this dish gluten free

SAUCES (all gf)

Peppercorn..... £4 Cheddar (perfect for chips)..... £4
Thermidor..... £4
Blue cheese & port.. £4

SIDES

Onion rings..... £3.50 Macaroni cheese..... £4
Fries **gf**..... £2.50 Add chorizo..... £1
Dirty fries **gf**..... £6 Side salad..... £3
Garlic Baguette..... £4
Add cheese.....50p