

STARTERS

CRISPY COD

Tempura battered cod 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 and hummus served on a vegan bun with fries **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 with cheese, served with salad, slaw & 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