

## STARTERS

### CHORIZO KING SCALLOPS

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

### FALAFEL BALLS

Pomegranate and orange served with a coconut and mint dressing **ve..** £8

### CHICKEN PATE

Red onion chutney and toasted bread..... £8.50

### PRAWN & SMOKED SALMON

Cocktail with gem lettuce and smokey paprika **gf**.....£9

## 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 marinara 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

### GRILLED SEA BASS FILLET

Served with prawns, crushed potatoes, thermidor sauce and local samphire **gf**..... £22

### WILD MUSHROOM & PARMESAN RISOTTO

With wilted spinach **gf**..... £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

### VEGAN STUFFED PEPPERS

Stuffed with tomato and mint risotto, topped off with a marinara sauce. Served with chef's salad **ve gf**.....£17

### WHEN THE BOAT COMES IN...

#### LOCAL TENBY CRAB TACOS

Tenby-caught crab in soft tortillas topped coriander, chilli and sriracha mayo served with salad **ask for gf**.....£20

#### WHOLE LOCAL LOBSTER

Cooked in garlic butter whole. Served with new potatoes and salad **gf**.....£39.50

## 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 LAMB STEAK

With couscous, dressed salad and pitta bread with a mint and yogurt dip **(ask for gf)**..... £18

#### CHEF RECOMMENDS

### TUNA NICOISE SALAD **gf**

Classic French salad with fine beans, olives, soft boiled eggs and French dressing with tuna steak..... £18.50

### SPICED CHICKEN FAJITAS

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

**Upgrade** Teriyaki steak.....£3.50

### SEAFOOD SALAD

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

### LUXURIOUS MACARONI CHEESE

A classic; creamy macaroni pasta with cheese **v**..... £14  
**Add** Chorizo..... £3

### THE FALAFEL BURGER

Falafel with gem lettuce and hummus served on a vegan bun with fries **ve** .....£14

**Add** Vegan Cheese.....£1

### THE COVE BURGER

8oz Pembrokeshire beef patty or butterfly chicken with cheese, served with salad, slaw & chips. £15

**Add** Bacon..... £1

### CHICKEN CAESAR

Chargrilled chicken breast on mixed leaves, baby tomatoes, croutons, parmesan shavings, caesar dressing **(ask for gf)**.....£15

#### CHEF RECOMMENDS

### SEAFOOD LINGUINE

Mussels, prawns, clams and smoked salmon in a garlic and white wine sauce..... £18

## SAUCES

Peppercorn **gf**..... £4

Thermidor **gf**..... £4

Blue cheese and port **gf**..... £4

## SIDES

Homemade onion rings.. £3.50

Macaroni cheese..... £4.00  
 Add chorizo..... £1.50

Garlic baguette..... £4

Cheesy garlic baguette.... £4.50

Side salad..... £3.50

Fries **gf**..... £3.75

Dirty fries **gf**.....£6.50

 Ask your server to make this dish vegan

## FROM THE GRILL

All served with baked vine tomatoes, salad and chips.

10oz RIBEYE STEAK **gf**..... £28

8oz FILLET STEAK **gf** ..... £30

MARINATED CHICKEN BREAST **gf**..... £17

GAMMON TOPPED WITH AN EGG **gf**..... £17

## COCKTAILS

Pornstar Martini

Classic Negroni

Mixed Berry Mojito

Amaretto Sour

French Martini

& many more...