

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...