

LUNCH MAINS

MOROCCAN LAMB STEAK (GF?)

With couscous, dressed salad and pitta bread with a mint and yogurt dip.. £18

SPICED CHICKEN FAJITAS (GF?)

With salad, sour cream and guac.. £16

Upgrade Teriyaki steak strips.... £3.50

LUXURIOUS MACARONI CHEESE

Cheesy macaroni pasta **v**..... £14

Add Chorizo..... £3

SEAFOOD SALAD **gf**

With prawns and smoked salmon. £16

TUNA NICOISE SALAD (GF?)

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

THE FALAFEL BURGER

Falafel with gem lettuce & hummus on a vegan bun with fries **ve**£14

Add Vegan cheese..... £1

CHEF RECOMMENDS

SEAFOOD LINGUINE

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

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, served with salad, slaw and chips.. £15

Add Bacon..... £1

GRILLED SEA BASS FILLET (GF?)

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

FISH & CHIPS

Traditionally battered fish served with salad, and a portion of chips.....£14

FROM THE GRILL **gf** - all served with baked vine tomatoes, salad & chips.

10oz RIBEYE STEAK - £28 | 8oz FILLET STEAK - £30 | MARINATED CHICKEN BREAST - £17 | GAMMON & EGG - £17 |

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 marinara 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

Falafel, mint yoghurt and salad **ve**..... £9.50

Tenby-caught crab..... £14

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

SAUCES (all **gf**)

Peppercorn..... £4 Blue cheese & port.. £4

Thermidor..... £4

SIDES

Onion rings..... £3.50 Macaroni cheese..... £4

Fries **gf**..... £3.75 Add chorizo..... £1.50

Dirty fries **gf**.....£6.50 Garlic Baguette..... £4

Side salad..... £3 Add cheese.....50p

🌿 Ask your server to make this dish vegan

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