

Live Music

Every
Saturday Night
9pm

SAUNDERSFOOT HARBWR BAR & KITCHEN

Open Mic Night

Every 1st & 3rd
Tuesday of the Month
Please ask a member of Staff
For more details

Sunday Menu

Salads

Ploughman's Lunch (v) Available 12 - 5pm Mature cheddar, pickles, salad & rustic bread	9.50
Mackerel Salad (gf) Grilled mackerel, salad & new potatoes	13.50
Caldey Island Crab Salad Whole dressed crab, salad & new potatoes <i>Subject to availability. May contain shell.</i>	16.00

Sandwiches

Available 12 - 5pm. All served on white rustic bread	
Welsh Ham and or Cheddar	6.00
Tuna Mayo	6.50
Local Sausage & Red Onion Chutney	6.50
Homemade Fish Finger	7.00
Grilled Mackerel	8.50
Caldey Island Crab	9.00
<i>Crab is subject to availability. May contain shell.</i>	

Starters & Sharers

Tempura Battered Prawns Served with sweet chilli sauce	6.50	Soup of the Day Served with rustic bread & butter	5.00
Salt & Pepper Squid Lightly coated squid with sweet chilli mayo	6.50	Breaded Brie (v) Panko breaded Brie served with red onion chutney	5.50
Whitebait Served with homemade tartar sauce	6.50	Creamed Garlic Mushrooms (v) Served with rustic bread & butter	6.50

Roasts

All served with garlic & rosemary roast potatoes, Yorkshire pudding, fresh vegetables & homemade gravy
Gluten Free versions available. Just ask a member of our crew.

5hr Slow Roast Pork Belly	13.00
Welsh Roast Topside Beef	12.00
Chicken wrapped in Bacon	12.00
Vegetarian Nut Roast , served with a vegetarian suitable gravy (v)	12.00

Fresh Fish

Our offering depends on what's available, fresh. Our favorites include Sea Bass, Hake, Mackerel,
Salmon, Crab, Mussels & Lobster
Please see our specials or ask a member of our team for what's available today.

Mains

HARBWR Beer Battered Cod , with chips, garden peas & homemade tartar sauce	12.00
Cod Bites , beer battered chunks with chips, salad garnish & homemade tartar sauce	12.00
Breaded Wholetail Scampi , with chips, salad & tartar sauce	12.50
Grilled Chicken Breast , with chips, salad & coleslaw – Choice of simply Grilled / Cajun / Garlic & Herb (gf)	13.00
Chicken & Mushroom Pie , served with puff pastry, chips & peas	13.00
Chilli Con Carne , Homemade chilli served with rice, salad & tortilla chips (gf)	12.00
Vegan Bean Chilli , served with rice, salad & tortilla chips (ve) (gf)	12.00
Butternut Squash Tagine , served with rice & salad (ve) (gf)	12.00
Grilled Chicken Burger , in a ciabatta bun with chips - Choice of simply Grilled / Cajun / Garlic & Herb	13.00
Vegetarian Burger , in a ciabatta bun with chips	10.00
The HARBWR Cod Burger , panko breaded fillet in a ciabatta bun with chips	11.00

Childrens

Roast Beef	6.00	Chicken Nuggets & Chips	5.00
Roast Chicken & Bacon <i>Roasts served with all the trimmings</i>	6.00	Add Beans or Peas	0.50
Local Sausages & Chips	5.00	Vanilla Ice Cream (per scoop)	1.50
Battered Cod Goujons & Chips	5.00	<i>With a choice of chocolate, strawberry, toffee or Raspberry sauce.</i>	

Desserts

Cheesecake , please ask for today's choice	5.50	Citrus Tartlet	5.50
White Chocolate & Penderyn Tart	6.00	Belgian Chocolate Brownie	5.50
Chocolate Fudge Cake	5.50	Sticky Toffee Pudding	5.50