

Live Music

Every Saturday Night

Open Mic every 1st & 3rd Tuesday
of the month

SAUNDERSFOOT HARBWR BAR & KITCHEN

Sunday Lunch

Every Sunday from midday
until we sell out. Pre order yours for later
bookings

Starters & Sharers

Bread & Olives (v) (ve) Rustic bread, olives with oil & balsamic	6.00	Soup of the Day (gfa) Served with rustic bread & butter	5.00
BBQ Chicken Wings Slow braised wings	6.50	Goopy Breaded Brie Panko breaded brie with onion chutney	5.50
Halloumi Fries Lightly coated halloumi with lemon & garlic mayo	6.50	Whitebait Served with homemade tartar sauce	6.50
Tempura Battered Prawns Served with sweet chilli sauce	6.50	Creamed Garlic Mushrooms (v) (gfa) Served with rustic bread & butter	6.50
Salt & Pepper Squid Lightly coated squid with sweet chilli mayo	6.50	Fish Cakes Smoked Haddock, cheddar & Leek Also available as a larger portion served with chips	6.50 / 12.50

Steaks & Grill

8oz Welsh Rump , with chips, grilled tomato & mushroom (gfa)	16.00
10oz Welsh Sirloin , with chips, grilled tomato & mushroom (gfa)	20.00
Chicken Breast , with chips, salad garnish & coleslaw – Choice of Grilled / Cajun / Garlic & Herb (gfa)	13.00
Piri Piri Chicken Skewer , with rice, pitta bread & salad (gfa)	14.50
Chicken & Rib Combo , Grilled chicken breast, half rack ribs, chips & coleslaw	18.00
BBQ Pork Ribs , with chips, coleslaw	Half 14.00 / Full 18.00

Sides...

Sauces: **Garlic Mushroom 3.00 / Peppercorn 2.50, Onion Rings 3.00, Side Salad 3.00, Coleslaw 2.50, Garlic Bread 3.50, Sweet Potato Fries Upgrade 1.00**

Classics

HARBWR Beer Battered Cod Whole fillet with chips, peas, tartar	12.00
Cod Bites Beer battered chunks with chips, salad garnish, tartar	12.00
Breaded Wholetail Scampi With chips, salad garnish, tartar	12.50
Chicken & Mushroom Pie Homemade pie with puff pastry, chips, peas	12.00
Chilli Con Carne (gfa) Homemade beef chilli with rice, salad & tortilla chips	12.00
Spaghetti Chicken Milanese Breaded chicken on a fresh tomato spaghetti	13.00
Spaghetti Provencal (v) Spaghetti in a fresh tomato based sauce	10.00
Vegan Bean Chilli (ve) (gfa) With rice, salad & tortilla chips	12.00
Butternut Squash Tagine (ve) (gf) Served with rice & salad	12.00

Burgers

All served in a soft ciabatta bun with seasoned chips

The HARBWR Classic Burger Our classic 7oz beef burger	10.00
Grilled Chicken Burger Choice of Grilled / Cajun / Garlic & Herb	13.00
The HARBWR Cod Burger Panko breaded cod fillet	11.00
Vegetarian Burger (v)	10.00

Better your burger with:

Cheddar 1.00, Bacon 1.00, Onion Rings 3.00,
Sweet Potato Upgrade 1.00, 7oz beef patty 4.00

Fresh Fish

Our offering depends on what's available,
fresh. Our favorites include Sea Bass, Hake,
Mackerel, Salmon, Crab,
Mussels & Lobster.

See our specials or ask a member of staff for
what's available today

Kitchen Open 12 - 9pm

Our food is prepared fresh to order. Please be aware that during peak
times there may be delays. Thank you for bearing with us.

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES OR DIETRY REQUIREMENTS BEFORE ORDERING YOUR MEAL
(GF) – GLUTEN FREE FRIENDLY – (GFA) – GLUTEN FREE FRIENDLY OPTION AVAILABLE – (V) – VEGETARIAN FRIENDLY – (VE) – VEGAN FRIENDLY
ALTHOUGH WE STRIVE TO KEEP OUR FRIERS SEPARATE FOR (GF) WE CANNOT GUARANTEE 100% TRACE FREE OF GLUTEN ON ITEMS COOKED IN OUR FRIERS.
WE USE VEGETABLE OIL THAT CONTAINS GM SOYA.

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Light Bites

Salads

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

Jacket Potatoes

Available 12 - 5pm.

All served with salad garnish

Cheese and/or Beans (v) (gf)	7.00
Tuna Mayo (gf)	7.50
Prawns in Marie Rose (gf)	8.50
Homemade Chilli Con Carne (gf)	8.50

Sides

Rustic Bread & Butter	2.50
Chips	3.00
Cheesy Chips	4.00
Sweet Potato Fries	4.00
Butter & Herb New Potatoes (gf)	2.50
Seasonal Greens (gf)	2.50
Garlic Bread	3.50
Cheesy Garlic Bread	4.50
Onion Rings	3.00
Pitta Bread	1.80
Side Salad (gf)	3.00
Coleslaw (gf)	2.50

Children's Menu

Local Sausages & Chips	5.00
Homemade Cod Goujons & Chips	5.00
Chicken Nuggets & Chips	5.00
Add peas or beans for 50p	
Spaghetti in a Fresh Tomato Sauce (v)	5.00
Vanilla Ice Cream (per scoop)	1.50
With a choice of chocolate, strawberry, toffee or Raspberry sauce.	

Sharing is Caring...

Bread & Olives	6.00
BBQ Chicken Wings	6.50
Halloumi Fries	6.50
Tempura Prawns	6.50
Salt & Pepper Squid	6.50
Whitebait	6.50

Sandwiches

Available 12 - 5pm.

All served on white rustic bread

Welsh Ham and or Cheddar	6.00
Brie & Cranberry (v)	6.00
Tuna Mayo	6.50
Sausage & Red Onion Chutney	6.50
Homemade Fish Finger	7.00
Bacon & Brie	7.00
Prawns in Marie Rose	7.50
Grilled Mackerel	8.50
Caldey Island Crab	9.00

Crab is subject to availability. May contain shell.

Desserts

All served with a choice of cream or ice-cream

Cheesecake of the Day	5.50
Citrus Tartlet	5.50
White Chocolate & Penderyn Tart	6.00
Chocolate Fudge Cake	5.50
Sticky Toffee Pudding	5.50
Belgian Chocolate Brownie	5.50

Hot Drinks

Lovingly made from our barista machine

Pot of Tea English Breakfast, Earl Grey, Peppermint, Green	2.60
Hot Chocolate	3.30
Espresso	2.00 / 3.50
Americano With or without milk	2.80
Latte	3.00
Cappuccino	3.00
Flat White	3.00
Add a syrup shot for 50p – Vanilla, Hazlenut & Caramel	
Liquor Coffee	5.50

Whiskey, Brandy, Tia Maria, Malibu, Baileys

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