

Local Beer

All of our ales are brewed by us, at the back of our sister pub, just above Tenby Harbour.

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	6.50	Breaded Brie Panko breaded brie with onion chutney	7.00
Halloumi Fries Deep fried halloumi with chilli jam	7.00	Southern Fried Chicken Tenders Served with a BBQ sauce	7.00
Tempura Battered Prawns Served with sweet chilli sauce	7.00	Haddock fishcake Served with tangy tomato chutney	7.50
Salt & Pepper Squid Lightly coated squid with sweet chilli mayo	7.00	Creamed Garlic Mushrooms (v) (gfa) Served on toasted garlic bruschetta	7.50
Soup of the Day Served with rustic bread & butter	6.50	Traditional Lamb Cawl Served with rustic bread and mature Welsh cheddar	9.50

Steaks & Grill

283g Local Welsh Ribeye , with seasoned rustic chips, grilled tomato & mushroom (gfa)	24.00
226g Welsh Rump , with seasoned rustic chips, grilled tomato & mushroom (gfa)	18.00
<i>Combo Your Steak... Add ½ Rack Ribs 6.00 / Chicken Breast 5.00 / Both 10.00</i>	
Chicken Breast , with seasoned rustic chips, salad & coleslaw – Choice of Cajun / Garlic & Herb / BBQ / piri-iri (gfa)	14.50
Chicken & Rib Combo , Choice of chicken breast, half rack ribs, seasoned rustic chips & coleslaw	19.00
BBQ Pork Ribs , Lovingly slow cooked in our BBQ sauce with seasoned rustic chips & coleslaw	Half 15.00 / Full 19.00

Sides...

Sauces All 3.00 - Peppercorn Sauce / Blue Cheese

Onion Rings 3.00, Side Salad 3.00, Coleslaw 2.50, Garlic Bread 3.50, Cheesy Garlic Bread 4.50

Classics

HARBWR Beer Battered Cod	13.50
Finest Cod fillet with rustic chips, peas, tartar sauce	
Breaded Wholetail Scampi	13.50
Finest whole scampi with chips, salad garnish, tartar sauce	
Steak & Guinness Pie	14.50
Homemade pie with puff pastry, rustic chips, peas	
Chilli Con Carne (gf)	13.50
Homemade beef chilli with rice, salad & tortilla chips	
Vegetable Tikka Masala (ve) (gfa)	13.00
Served with rice & mini naan	
Three Bean Smokey Chilli (ve)	13.00
With rice, salad & tortilla chips	
Butternut Squash Tagine (ve) (gf)	13.00
Served with rice & salad	

Burgers

All served in a soft brioche bun with seasoned chips

The HARBWR Signature Burger	14.50
Double stacked 100g steak burger, cheeses, pickles & house sauce	
Burger of the Week	See Board
See our board or ask a server for today's option	
Grilled Chicken Burger	14.50
Choice of Grilled / Cajun / BBQ / piri-iri	
The HARBWR Hake Burger	18.00
Fillet of fresh Hake with samphire & seaweed butter	
Spinach & Broadbean Burger (v)	13.50

Pimp your burger with:

Cheddar 1.00, Bacon 1.00, Onion Rings 3.00, Sweet Potato Upgrade 1.00

Fresh Fish

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

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

Kitchen Open from 12pm All our food

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

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Light Bites

Salads

Ploughman's Lunch (v) Available 12 - 5pm Mature cheddar or ham, pickles, house salad & rustic bread	12.00
Prawn Salad (gf) Juicy prawns generously coated in our own Marie Rose sauce, house salad and rustic bread, .	14.00

Jacket Potatoes

Available 12 - 5pm.

All served with salad garnish

Cheese and/or Beans (v) (gf)	7.50
Tuna Mayo & Cucumber (gf)	8.00
Prawns in Marie Rose (gf)	9.00
Three Bean Smokey Chilli (gf)	9.00
Homemade Chilli Con Carne (gf)	9.00

Sides

Rustic Bread & Butter	2.50
Chips	3.00
Cheesy Chips	4.00
Sweet Potato Fries	4.00
Garlic Bread	3.50
Cheesy Garlic Bread	4.50
Onion Rings	3.00
Side Salad (gf)	3.00
Coleslaw (gf)	2.50

Children's Menu

Local Sausages & Chips	6.00
Cod fillet & chips	7.00
Chicken Nuggets & Chips	6.00
Beef Burger & Chips	6.00
Add peas or beans for 50p	
Mac & Cheese with Garlic Bread	6.50
Kids Ice Cream	3.00
Served with a choice of sauce	

Sharing is Caring...

Bread & Olives	6.50
Halloumi Fries	7.00
Tempura Prawns	7.00
Salt & Pepper Squid	7.00
Southern Fried Chicken Tenders	7.00

Sandwiches

Available 12 - 5pm.

All served on rustic white or malted bread

Welsh Ham and or Cheddar	6.50
Brie & Cranberry (v) with Bacon	6.50 / 7.50
Tuna Mayo & Cucumber	6.50
Sausage & Red Onion Chutney	6.50
Homemade Fish Finger & Tartar	7.50
Prawns in Marie Rose	7.50

Desserts

From old favorites like Sticky Toffee Pudding to the classic cheesecake, we have a daily selection of sweet treats available.

Please ask your server for today's options.

Hot Drinks

Lovingly made from our barista machine

Pot of Tea English Breakfast, Earl Grey, Peppermint, Green	2.80
Hot Chocolate	3.40
Espresso	2.00 / 3.50
Americano With or without milk	3.00
Latte	3.20
Cappuccino	3.20
Flat White	3.20
Add a syrup shot for 50p – Vanilla, Hazelnut & Caramel	
Barti Rum Hot Chocolate	6.50
Liquor Coffee	6.50

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 100% RAPESEED OIL IN OUR FRIERS.