

Local Beer

All of our ales are brewed by us, just above Tenby Harbour. Drop in and see how it's done.

SAUNDERSFOOT HARBWR BAR & KITCHEN

Kitchen Opening

Our kitchen is open 7 days a week from 12pm. Booking is advisable to avoid disappointment

Sunday Menu

Salads

Ploughman's Lunch (v)	12.00
Mature cheddar or Ham, pickles, salad & rustic bread	
Prawn & Marie Rose Salad (gf)	14.00
Grilled mackerel, salad & rustic bread	

Sandwiches

All served on white or malted rustic bread

Welsh Ham and or Cheddar	6.50
Tuna Mayo & Cucumber	6.50
Local Sausage & Red Onion Chutney	6.50
Homemade Fish Finger	7.50
Brie & Cranberry (v) with bacon	6.50/7.50
Prawn & Marie Rose	7.50

Starters & Sharers

Tempura Battered Prawns	7.00	Breaded Brie (v)	7.00
Served with sweet chilli sauce		Panko breaded Brie served with red onion chutney	
Salt & Pepper Squid	7.00	Halloumi Fries	7.00
Lightly coated squid with sweet chilli mayo		Served with chilli jam	
Crispy Chicken Tenders	7.00	Haddock fishcake	7.50
Served with a BBQ sauce		Served with tangy tomato chutney	

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	14.50
Welsh Roast Topside Beef	7.00/14.00
Chicken wrapped in bacon	7.00/14.00
Chestnut & Wild Mushroom Wellington served with a vegetarian suitable gravy (v)	13.00

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 Signature Burger , double stacked 110g steak burger, cheeses, gherkins and house sauce	14.50
HARBWR Beer Battered Cod , with chips, garden peas & homemade tartar sauce	13.50
Breaded Wholetail Scampi , with chips, salad & tartar sauce	13.50
Grilled Chicken Breast , with chips, salad & coleslaw – Choice of Cajun / Garlic & Herb / BBQ/ Piri (gfa)	14.50
Chilli Con Carne , Homemade chilli served with rice, salad & tortilla chips (gf)	13.50
Vegan Bean Chilli , served with rice, salad & tortilla chips (ve) (gf)	12.50
Butternut Squash Tagine , served with rice & salad (ve) (gf)	12.50
Steak and Stilton pie , topped with a puff pastry lid served with chips & peas	14.50
Broad Bean & Spinach Burger , in a brioche bun with chips	13.50
Vegetable Tikka Masala , Served with rice and mini naan bread	13.00

Childrens

Local Sausages & Chips	6.00	Beef Burger & Chips	6.00
Battered Cod Fillet & Chips	7.00	Mac & Cheese & Garlic Bread	6.50
Chicken Nuggets & Chips	6.00	Vanilla Ice Cream	3.00
Add Beans or Peas	0.50	Served with a choice of sauce.	