

THE COVE

DRINK & EAT

SPUDS ^{gf}

All served with a side salad. Served 'til 5pm.

Cheese v	£9
Baked beans v	£9
Prawn marie rose & salad	£10.50
Beef chilli	£11
Coleslaw v	£9
Vegan Coronation Chicken v	£11
Extra topping	£2

SANDWICHES

All served with a side salad and tortilla crisps. Please ask for gluten free. Served 'til 5pm.

Honey roasted ham	£8
Welsh cheddar and pickle v	£8
Prawn marie rose	£10
Fish finger	£11
Toasted slow beef, gherkin & Welsh cheddar	£12
Vegan Coronation Chicken v	£10

Summer Specials

DRESSED CRAB SALAD £21

Served with Pembrokeshire new potatoes.

SOUP 'N' SARNIE £9

Daily soup and choose ham, cheese or vegan coronation chicken

START HERE

Buffalo wings	£8
Soup of the day with chef's bread v	£7.50
Prawn and salmon cocktail	£9
Calamari, aioli dip and salad	£8
Onion bhajis, mango chutney, mint yogurt v	£8
Watermelon, blue cheese & mint salad	£8

SHARE IT!

Nachos ^{gf}	£16
A mountain of tortilla chips with spicy salsa, cheese, sour cream & guac.	
Add: beef chilli + £3.50	
Meat Feast	£25
Andrew Rees Butchers sausages, sticky beef, sticky buffalo wings, BBQ ribs, onion rings, slaw, chips, salad	
Seafood Lovers ^{gf}	£35
Steamed clams, mussels, tiger prawns in a white wine and parsley velouté, with baked chorizo, parmesan scallops and a 'Salt and Smoke' smoked salmon salad.	
Add: chef's bread + £3.50	

Dirty Prawn Stars ^{gf}	£18.50
Prawns, thermidor sauce and melted cheese on chips	

BURGERS

The Cove Burger	£17
Juicy Welsh beef burger, grilled onions and melted Monterey Jack cheese, chips, salad and slaw. Add bacon £1.	
The Cove Chicken Burger	£17.50
Chicken, grilled onions and melted Monterey Jack cheese, chips, salad and slaw. Add bacon £1.	

VEGAN

Penang Bang Curry v ^{gf}	£16
Mixed vegetable curry with fragrant rice Add prawns + £5 Add chicken + £5	
Falafel Burger	£16
Falafel with gem lettuce, tomato, and hummus served in a bun with chips	

THE CLASSICS

Beef Chilli ^{gf}	£16
Served with rice and tortilla chips	
Bangers & Mash	£16.50
Served with 'Harbwr' Brewery beer and onion gravy	
Ham, Egg & Chips ^{gf}	£15.50
Lasagne, Garlic bread and Salad	£16
Fish and Chips	£17
Finest beer battered fish with chips and peas	
Pie of the Day	£16.50
Served with peas and either mash or potatoes	
Grilled Sea Bass Fillet ^{gf}	£22
With prawns, crushed potatoes, Thermidor sauce and local samphire	

Chef's Favourite

Alfredo tagliatelle with succulent strips of Welsh rump £20
Topped with the exquisite creamy Perl Lâs blue cheese sauce.

THE GRILL ^{gf}

All served with baked tomatoes, salad and chips

10oz Rump Steak	£20
8oz Sirloin Steak	£25
20oz Rump Steak	£26
Marinated Chicken Breast	£17.50
Gammon and Egg	£17.50
Grilled Salmon	£19
Rack of Ribs	Full £21 Half £15.50

ON THE SIDE

Chips ^{gf}	£3.75	Mac'n'Cheese (+chorizo £1.50)	£4
Dirty Fries ^{gf}	£6.50	Peppercorn Sauce ^{gf}	£4
Onion Rings	£3.50	Thermidor Sauce ^{gf}	£4
Side Salad	£5	Blue Cheese & Port Sauce ^{gf}	£4
Garlic Bread (+cheese 50p)	£4		

We've labelled all dishes that can be gluten free, please inform your server when you order. If you require allergen information, or need to inform us of dietary needs, please speak to a member of the team. Whilst a dish may not contain an allergen, foods may be at risk of cross contamination in the kitchen. Items on this menu may contain nuts or GM oil.