

## LUNCH MENU

# THE COVE

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## FRESHLY FILLED ROLLS

All served in a crusty roll with a slaw and fries. Please ask for gluten free. Served 'til 5pm.

**BLTC** Bacon, lettuce and tomato. £12.50

**All Day Breakfast** Bacon, sausage and egg. £12.50

**Ultimate Veggie** Balsamic toasted veg. V £12.50

**Ploughman's** Ham, cheese, chutney and pickle. £12.50

**Tuna Crunch** Tuna, red onion, peppers, cucumber. £12.50

**Southern Fried Chicken** with siracha mayo. £12.50

**Fish finger** House tartar sauce, lettuce. £12.50

**Soup of the Day** Served with chef's bread. V GF £8  
(+cheese 50p)

## SALADS

### **Ploughman's Salad**

Pork pie, cheddar cheese, ham, pickle chutney, pickled onions, salad and bread. £17

### **Pimped up Caesar**

Shredded chicken, house dried tomatoes, gem lettuce, beer battered anchovies, croutons and parmesan cheese. £16.50

## SMALL PLATES

**Buffalo chicken wings** coated in sticky hot honey and sesame. GF £9

**Jumbo veggie spring roll** with sweet chilli dip. V £9

**Halloumi fries** with hot honey. V GF £9

**Spiced crispy prawns** with siracha mayo. £9

## MAINS

### **Cove Burger**

Juicy Welsh beef burger, grilled onions, burger sauce, gherkin and melted Monterey Jack cheese, chips, salad and slaw. £18.50 Add on: bacon £2 or homemade onion rings £5

### **Chicken Tikka Flatbread** (Please ask for gluten free)

Grilled chicken tikka, melted Monterey Jack cheese, garlic mayo, chips, gherkin, salad and slaw. £18.50  
Add on: bacon £2

### **The Garden Burger V**

Plant based patty, grilled onions, burger sauce, gherkin and melted vegan cheese, chips, salad and slaw. £18.50 Add on: Homemade onion rings £5

### **Steak & Fries** (Please ask for gluten free)

Minute steak served with fries, baked tomato & mushroom, mini Caesar salad. £20

### **Scampi & Chips**

Battered scampi with chips, peas & house tartare sauce. £16.50

### **Fish & Chips**

Finest beer battered fish with chips, peas & house tartare sauce. £17

### **Tofish & Chips V**

Lightly battered tofu with chips, peas & house tartare sauce. £17

### **Nachos V** (Please ask for gluten free)

A mountain of tortilla chips with spicy salsa, cheese, sour cream & guacamole. £17.50

### **Rich, Slow-Cooked Beef Ragù Lasagne**

With creamy béchamel sauce and fresh pasta sheets served with a side of golden, buttery garlic bread. £17.50

## ON THE SIDE

Fries	£5	Peppercorn, Thermidor, Blue Cheese Sauce	£3.50
Dirty Fries	£10	Garlic Bread (+cheese 50p)	£5
Bacon bits, jalapeños, cheese, spring onion, siracha mayo, sesame seeds		Side Salad	£6
Onion Rings	£5		

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.