

SUNDAY LUNCH MENU



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STARTERS

**Sticky Pork Belly Bites** with pak choi, honey & soy sauce, sesame seeds. GF £10  
**Halloumi Fries** V, GF £9  
**Chicken, Chorizo & Spicy Cheese Bon Bons** with saffron & garlic mayonnaise. £10  
**Hot Buffalo Chicken Wings** with ranch sauce. GF £9  
**Soup of the Day** VE, GF £8  
**Brussels Pâté, Ham Hock Terrine** with scratchings, onion chutney, melba toast. £10  
**Smoked Haddock & Cheddar Cheese Fish Cakes** with tartare sauce. £10  
**Bang Bang Cauliflower Nibbles** with sweet chilli, spring onions, sriracha & sesame seeds. VE £9  
**Vegan Meatballs Skewers** VE £9

DIRTY FRIES

**Hoisin & Sesame Duck Fries** with sesame chilli spring onions & pickled onions. GF £10  
**Dirty Fries** with bacon, jalapeños, Siracha mayo, cheese spring onions & sesame. GF £10  
**Hog Fries** with pulled pork. GF £10

ON THE SIDE

**Cheese & Chive Potato Skins** V, GF £6  
**Truffled Mac & Cheese** V £6 + Chorizo £2  
**French Fries** VE, GF £5  
**Garlic Bread** V £5 + Cheese £1  
**Olives & Sun-blushed Tomato** VE, GF £6  
**Buttered Corn on the Cob** VE, GF, £4.50  
**Side Salad** VE, GF £5  
**Beer Battered Onion Rings** VE £5

3  
FOR  
£10

SUNDAY LUNCH

Platter for one £17 | Platter for two £33 | Platter for four (whole chicken) £60

Choose one, two or three meats

**Succulent Roast Turkey | Pembrokeshire Roast Beef | Tender Roast Pork**

Or choose between

**Market Fish | Vegetarian Roast**

Served with homemade cranberry stuffing, goose fat roasted potatoes, seasonal veg, honey and thyme roasted parsnips and carrots, creamy leeks and a yorkshire pudding, all covered in rich bone marrow gravy.

MAINS

**Chicken Tikka Flatbread** (Please ask for gluten free)  
 Grilled chicken tikka, melted Monterey Jack cheese, garlic mayo, fries, gherkin, salad and slaw. £18.50  
 Add on: bacon £2 or homemade onion rings £5

**Cove Burger**  
 Juicy Welsh beef burger, pickled onions, burger sauce, gherkin and melted Monterey Jack cheese, fries, salad and slaw. £18.50 Add on: bacon £2, homemade onion rings £5 or pulled pork? £5

**Fish & Chips**  
 Finest beer battered fish with fries, peas and house tartare sauce. £17

**The Lou Burger**  
 Louisiana Cajun chicken breast or vegan chick'n, garlic & saffron mayo, iceberg lettuce, tomato, gherkins, pickled pink onions, fries & slaw. Chicken £18.50 Vegan VE £19

**Lamb Shank**  
 8-hr braised lamb shank, chive mashed potatoes, root vegetables, minted gravy. GF £26

**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

**8oz Sirloin Steak**  
 8oz sirloin steak, cheese & chive potato skins, balsamic vines & coleslaw. GF £27  
 Would you like to add three garlic king prawns? £7

**Nachos** (Please ask for gluten free)  
 A mountain of tortilla chips with spicy salsa, cheese, sour cream and guacamole. V £17.50  
 Would you like to add pulled pork? £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.