

## Starters

### Seasonal Soup

(Please see specials board)  
Crusty roll (v)(veo)(gfo) £7.50

### Fajita Chicken Skewers

Slaw, garlic & sweet chilli dressing (gf) £8.25

### Japanese Wasabi, Sesame & Chilli Battered King Prawns

Pickled cucumber, ginger mayo £8.75

### Salt & Chilli Panko Calamari

Coriander & lime mayo £8.50

### Halloumi Fries

Tomato relish, balsamic glaze (v)(gf) £8.00

## Mains

### Welsh Beef Lasagne

Dressed mixed leaf garnish, garlic bread £17.00

### Prosciutto Chicken

Chicken breast wrapped in prosciutto, roasted baby potatoes, tenderstem broccoli, white wine caper sauce (gf) £18.00

### Vegetarian Glamorgan Sausages

Creamy mashed potato, seasonal vegetables, creamy white wine cream sauce (v) £16.50

### Sticky Glazed Whole Rack of Ribs

Chips, coleslaw, corn on the cob (gf) £20.00

### Roasted Butternut Squash

Half roast butternut squash, lentils, black beans, tofu, tomato salsa, herb crumb (ve) £16.00

### The Royal Oak Curry of the Week

Pilau rice, garlic & coriander naan bread, poppadum, mango chutney (veo) £16.50  
Add chips £2.00

### Chicken Gyros

Marinated chicken, flatbread, crunchy herb slaw, chips, lemon & dill sauce (gfo) £18.50

### Wild Mushroom Risotto

White wine, tarragon, garlic, mascarpone, parmesan, topped with truffle roasted mushrooms, garlic bread (vo) £16.50

## Light Bites & Salads

### Classic Chicken Caesar Salad

Grilled chicken breast, streaky smoked bacon, baby gem, Caesar dressing, parmesan, croutons £15.00

### Italian Summer Salad

Artichokes, sun blushed tomatoes, capers, mozzarella, salad leaves (v)(gf) £15.00

### Welsh Ploughmans

Honey roast ham, mature Welsh cheddar, pork pie, salad garnish, chutney, pickles, rustic roll £16.00



## The Gourmet Burger Range

All of our burgers are served in a seeded brioche bun with coleslaw & chips

### The Royal Gourmet

6oz local steak mince burger, cheddar cheese, beef tomato, lettuce & red onion, chef's sauce £17.00

### Piri-Piri Chicken Burger

Piri-piri chicken breast, applewood cheddar, beef tomato, lettuce & red onion, sriracha mayo £17.00

### Bean Burger

Crispy garden bean burger, Asian slaw, vegan cheese, beef tomato, lettuce & red onion, vegan mayo, pretzel burger bun (ve) £17.00

### Lamb & Mint Burger

6oz lamb & mint burger, whipped feta, beef tomato, lettuce & red onion, tzatziki £17.00

Add bacon for £1.00  
Add jalapeños for £1.00

## Sides & Nibbles

Portion of Chips £4.00 with cheese £4.50

Garlic Bread £4.00 with cheese £4.50

Mixed Seasonal Vegetables £4.50

Side Salad £4.00 Onion Rings £4.00

## Seafood

### “Jemima’s Pitchfork” Battered Cod

Chips, mushy peas, tartar sauce (gfo) £18.00

### Traditional Scampi

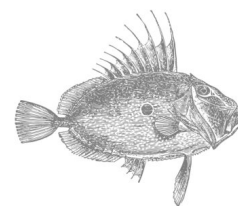
Chips, garden peas, tartar sauce £17.00

### Seafood Bouillabaisse

French style tomato stew, cod, salmon, prawns, mussels, garlic aioli, garlic bread £19.50

### Royal Oak Fish Pie

White fish, salmon, mussels & prawns, topped with creamy mashed potato & cheese. Served with seasonal vegetables, lemon wedge, crowned with a king prawn £19.00



## Royal Oak Dirty Fries/Nachos

### Mexican Loaded

Spicy Mexicana cheese, salsa, guacamole, sour cream, jalapeños, diced spring onions (v)(gfo) £13.50

### Pulled Pork Loaded

BBQ pulled pork, diced spring onions, cheese, topped with BBQ sauce (gfo) £13.50

### Piri-Piri Chicken Loaded

Piri-piri marinated chicken, diced spring onions, cheese, topped with siracha mayo (gfo) £14.00

(v) vegetarian (gf) gluten free (ve) vegan (veo) vegan option available (vo) vegetarian option (gfo) gluten free option available – please ask at the bar  
Some of these foods may contain nuts or other allergens. Please ask our staff for details.  
To reserve a table, please call us on 01348 218632 or email us at [royaloakfishguard@hotmail.com](mailto:royaloakfishguard@hotmail.com)

## From the Grill

All of our steaks are sourced from local butcher Ken Davies, Crymmych, and are aged for a minimum of 21 days

### 10 oz Welsh Lamb Steak

Garlic & oregano roasted tomato, flat mushroom, onion rings, chips (gfo) £28.00

### 10 oz Welsh Sirloin Steak

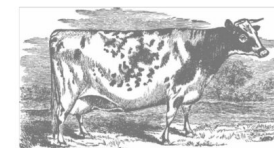
Garlic & oregano roasted tomato, flat mushroom, onion rings, chips (gfo) £30.00

### 12oz Gammon Steak

2 fried eggs, grilled pineapple, garden peas, chips (gf) £18.50

## Sauces

Peppercorn & Brandy sauce (gf) £3.50  
Mushroom Diane sauce (gf) £3.50  
Bearnaise £3.50



## Children

All children's meals are served with chips or mash & a choice of garden peas, beans or salad (except pasta bolognaise)

### Cheese & Tomato Pizza (v) £6.50

### Sausages £7.50

### Cod Bites £8.00

### Cheeseburger £8.00

### Chicken Chunks £7.50

### Pasta Bolognaise £7.00

Topped with grated cheese & garlic bread