

Local Beer

All of our ales are brewed by us, at the back of our sister pub, just above Tenby Harbour.

SAUNDERSFOOT HARBWR BAR & KITCHEN

Live music

Every Saturday from 9pm
Join us and dance the night away with local live bands

Starters & Sharers

Bread & Olives (ve) (gfa) Rustic bread, olives with oil & balsamic	7.00	Breaded Brie (v) Panko breaded brie with onion chutney, side salad	7.50
Halloumi Fries (v) Deep fried halloumi with chilli jam	7.50	HARBWR Taco Please ask your server for today's taco filling	6.00
Chilli & Lime Tiger Prawns (gfa) Served with salad and rustic bread	9.50	Classic Caesar Salad Mixed leaf, crouton, parmesan in a ceasar dressing	6.50
Salt & Pepper Squid Lightly coated squid with sweet chilli mayo and salad	7.50	Soup of the Day (v) (gfa) Served With rustic bread	6.50
Smoked Mackerel Pate (gfa) Served with rustic bread & butter and salad	7.50	Spiced Sweetcorn Fritters (ve) Served with tomato chutney & side salad	7.00

Steaks & Grill

283g Local Welsh Ribeye , with seasoned rustic chips, grilled tomato & mushroom (gfa)	26.00
226g Welsh Rump , with seasoned rustic chips, grilled tomato & mushroom (gfa)	19.50
283g Gammon Steak , with seasoned rustic chips, eggs, pineapple or both (add £1) and salad (gfa)	16.50
<i>Combo Your Steak... Add ½ Rack Ribs 6.00 / Chicken Breast 5.00 / Both 10.00</i>	
Chicken Breast , with seasoned rustic chips, salad & coleslaw – Choice of Cajun / BBQ/ Jerk (gfa)	15.00
Chicken & Rib Combo , Choice of chicken breast, half rack ribs, seasoned rustic chips & coleslaw	22.00
BBQ Pork Ribs , Slow cooked in our BBQ sauce with seasoned rustic chips & coleslaw	21.00

Sides...

Sauces All 3.00 - Peppercorn Sauce / Blue Cheese / Chikki Churri

Onion Rings 3.00, Side Salad 3.00, Coleslaw 2.50, Garlic Bread 4.00, Cheesy Garlic Bread 5.00

Classics

HARBWR Beer Battered Cod Finest Cod fillet with rustic chips, peas, tartar sauce	15.00
Breaded Wholetail Scampi Finest whole scampi with chips, salad garnish, tartar sauce	14.50
Steak & HARBWR Ale Pie Homemade pie with puff pastry, rustic chips, peas	15.50
Chilli Con Carne (gf) Homemade beef chilli with rice, salad & tortilla chips	14.50

Burgers

All served in a soft brioche bun with seasoned chips

The HARBWR Signature Burger Double stacked 100g steak burger, cheeses, gherkin & house sauce	15.00
Grilled Chicken Burger (gfa) Choice of Grilled / Cajun / BBQ / Jerk	15.00
The HARBWR Hake Burger (gfa) Fillet of fresh Hake with samphire & seaweed butter	19.00
Spinach & Broadbean Burger (v) (gfa)	14.00

Fresh Fish

Our offering depends on what's available and fresh. With a selection of fresh filleted fish and chef's specials there's something for everyone.

See our specials or ask a member of staff for what's available today.

Vegan & Vegetarian

Vegetable Tikka Masala (v) (gfa) Served with rice & mini naan	14.50
Three Bean Smokey Chilli (ve) (gfa) With rice, salad & tortilla chips	14.50
Butternut Squash Tagine (ve) (gf) Served with rice & salad	14.50
Vegetable Lasagna (v) Served with chips, salad and garlic bread	14.50
Chef's Mushroom Stroganoff (v) (gf) Classic stroganoff served with wild rice	14.50
Leek & Mushroom Pie (v) Served with chips and garden peas	14.50

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES OR DIETRY REQUIREMENTS BEFORE ORDERING YOUR MEAL.
(GF) – GLUTEN FREE FRIENDLY – (GFA) – GLUTEN FREE FRIENDLY OPTION AVAILABLE – (V) – VEGETARIAN FRIENDLY – (VE) – VEGAN FRIENDLY
ALTHOUGH WE STRIVE TO KEEP OUR FRIERS SEPARATE FOR (GF) WE CANNOT GUARANTEE 100% TRACE FREE OF GLUTEN ON ITEMS COOKED IN OUR FRIERS.
WE USE 100% RAPESEED OIL IN OUR FRIERS.

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Light Bites

Salads

Ploughman's Lunch (v) Available 12 - 5pm Mature cheddar or ham, pickles, house salad & rustic bread	12.50
Prawn Salad (gfa) Juicy prawns generously coated in our own Marie Rose sauce, house salad and rustic bread, .	14.50
Classic Caesar Salad Mixed leaf, croutons and parmesan dressed in a classic ceasar dressing (add chicken £5.00)	12.50

Jacket Potatoes

Available 12 - 5pm.
All served with salad garnish

Cheese and/or Beans (v) (gf)	7.50
Tuna Mayo & Cucumber (gf)	8.00
Prawns in Marie Rose (gf)	9.00
Three Bean Smokey Chilli (gf)	9.00
Homemade Chilli Con Carne (gf)	9.00

Sides

Rustic Bread & Butter	2.50
Chips (gfa)	3.00
Cheesy Chips (gfa)	4.00
Sweet Potato Fries (gfa)	4.00
Mac & Cheese	5.00
Garlic Bread	3.50
Cheesy Garlic Bread	4.50
Onion Rings	3.00
Side Salad (gf)	3.00
Coleslaw (gf)	2.50

Children's Menu

Local Sausages & Chips	6.50
Cod Goujons & Chips	7.50
Chicken Nuggets & Chips	6.50
Beef Burger & Chips	6.50
Add peas or beans for 50p	
Mac & Cheese with Garlic Bread	7.00
Kids Ice Cream	3.00
Served with a choice of sauce	

Sharing is Caring...

Bread & Olives	6.50
Halloumi Fries	7.50
Tiger Prawns	9.50
Salt & Pepper Squid	7.50
Breaded Brie	7.50

Sandwiches

Available 12 - 5pm.

All served on rustic white or malted bread (gfa)

Ham and/or Cheddar	6.50
Bacon lettuce and tomato	7.50
Tuna Mayo & Cucumber	6.50
Sausage & Red Onion Chutney	6.50
Homemade Fish Finger & Tartar	7.50
Prawns in Marie Rose	8.00

Desserts

If you fancy something sweet to finish off, we have a daily selection of sweet treats available.

Please ask your server for todays options.

Hot Drinks

Lovingly made from our barista machine

Pot of Tea English Breakfast, Earl Grey, Peppermint, Green	2.80
Hot Chocolate	3.40
Espresso	2.00 / 3.50
Americano With or without milk	3.00
Latte	3.20
Cappuccino	3.20
Flat White	3.20
Add a syrup shot for 50p – Vanilla, Hazelnut & Caramel	
Barti Rum Hot Chocolate	6.50
Liquor Coffee	6.50

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