

SAILORS' SAFETY

BAR SEAFOOD GRILL

SAMPLE LUNCH MENU

Menu items may vary daily, depending on seasonal availability.

STARTERS

MUSSELS • Cider, shallot, herbs	13
CRAB TACOS • Creme fraiche, lime, coriander, chilli, apple	12
MACKEREL PÂTÉ • Pickled cucumber, crusty bread	12
GOATS CHEESE • Beetroot salad	10
HERITAGE TOMATO SALAD • Citrus dressing, basil, feta	10
POTTED HAM HOCK • Bread, pickled veg	10
SAILORS' HUMMUS • Cumin, toasted seeds, flat bread	8

MAINS

HALF PEMBROKESHIRE LOBSTER • Garlic butter, fries and salad	35
CATCH OF THE DAY • Warm tartare sauce, samphire	26
MACKEREL FILLET • Chilli butter, samphire	22
SAILORS' MUSSELS • Cider, cream, herbs, bread	21
BATTERED HADDOCK • Chunky chips, mushy peas, tartare sauce	19
BEEF BURGER • Burger sauce, salad, fries	19
CAULIFLOWER STEAK • Cauliflower puree, charred sweetcorn, curried grape dressing	19
SAILORS' OPEN FISH FINGER SANDWICH • Black pepper mayonnaise, peas, rocket	14

SIDES

TRUFFLE FRIES	7
ASPARAGUS	6.5
PEMBROKESHIRE NEW POTATOES	6.5
ROASTED RAINBOW CARROTS	6.5
ORGANIC NEVERN LEAVES	6.5
CHIPS OR FRIES	5

DESSERTS

CHOCOLATE TART • Raspberry sorbet	9
STICKY TOFFEE PUDDING • Vanilla ice cream, toffee sauce	9
CITRUS CHEESECAKE • Vanilla ice cream	9
VODKA & RASPBERRY SORBET	9
PIRATES' AFFOGATO • Ice cream, espresso, Barti cream	9

Please ask a member of staff for any allergy advice. Most of our dishes can be adapted to suit different dietary requirements. Feel free to ask for wine recommendations. Remember to check for specials.