

Welcome to

The Tenby

STARTERS

Garlic Ciabatta ^{1.7} Add cheese	3.75/4.25
Fresh Soup of the Day ^{1.7} Varies daily, served with French bread, Jersey butter	4.95
Ciabatta & Dips V ^{1.3.7.11} Warmed ciabatta with balsamic glaze, red hummus, garlic & chilli olive oil	6.25
Crispy Breaded Chicken Popcorn ^{1.11} Asian salad, sesame seeds, sweet chilli & lime dressing	6.75
Goat Cheese & Spinach Tart ^{1.7} Rocket salad, honey and balsamic glaze	7.50
Prawn Cocktail ^{1.2.3.4.7.9.12} Royal Greenland prawns, baby gem, cucumber, Marie Rose sauce, granary bread, Jersey butter	8.50
Pil Pil Prawns ^{1.2.4.7} Chilli & garlic prawns, served with French bread, Jersey butter	9.50
Coquille St Jacques ^{1.7.10.14} King scallops, shallots, white wine, potato & cheese Served traditionally in the shell	9.75
Vegan Board VG ^{1.5.8.11} Sun dried tomato hummus, roasted Mediterranean vegetables, nut roast bites, olives, tomato chutney, flatbread slices	7.50/14.95
10 Chicken Wings (To share) BBQ ^{3.4.6.7.8.9.10.12} Hot Sauce ^{6.10.12} Blue Cheese ^{1.7}	8.95

SANDWICHES (Served until 3.00)

All served with a mixed salad or hand cut chips low gluten bread available

Duck Wrap ^{1,6,9,10,11}	9.25
Strips of cucumber, red onion, coriander, Hoisin sauce	
Crispy Sweet Chilli Chicken Wrap ^{1,10}	8.25
Breaded chicken strips with sweet chilli, peppers, red onion & baby gem	
The Tenby Club Sandwich ^{1,3,7,10,11}	8.50
(on white or brown bread) Grilled back bacon, cajun chicken, tomato, baby gem	
The Seafood Club (on Brown Bread) ^{1,2,3,4,7,9,10,12}	8.50
Triple layered sandwich, smoked salmon and cucumber, Marie Rose and prawns, baby gem lettuce	
Royal Greenland Prawns 'Marie Rose'	8.50
Brown bread, cucumber, baby gem ^{1,2,3,4,7,9,10,12}	
Steak Ciabatta ^{1,10}	8.95
Caramelised onions, wholegrain mustard	
Fish Goujon Wrap ^{1,3,4,10}	8.95
Cod Goujons, Baby Gem, Tartare Sauce	
Grilled Halloumi Ciabatta V ^{1,7,8,10}	8.95
Roasted Mediterranean vegetables, rocket, pesto and tomato	
Hummus and Veg Sandwich VG ^{1,11}	8.95
Flatbread sandwich, hummus, Mediterranean vegetables baby gem, tartare sauce	

MAINS

Tenby Cæsar ^{1,3,4,7}	10.50
Baby gem lettuce, free range boiled egg, garlic croutons, crispy pancetta, anchovy fillets, creamy Caesar dressing, parmesan shavings	
Add Chicken (Plain Or Cajun) ^{1,3,4,7}	12.75
King Prawn ^{1,2,3,4,7}	15.75
Apple & Walnut Salad ^{V 7,8}	12.50
Walnuts, baby gem, red onion, apple, pomegranate, dried cranberries, halloumi, vinaigrette dressing Vegan option: cumin roasted butternut squash cubes	
Vietnamese Spicy Squid Salad ^{1,2,4,6,11}	14.95
Baby gem, mint, ginger, spring onion, chilli, coriander, ginger and lime dressing	
Smoked Salmon and King Prawn Salad ^{2,4,10}	14.95
Smoked salmon, avocado and king prawn, baby gem	
Five Spiced Duck Salad ¹⁰	15.25
5 spiced duck breast, baby gem lettuce, watercress, pomegranate, mango.	
Fish & Chips ^{1,4,7}	12.95
Fresh jumbo cod fillet in our own batter with hand cut chips, mushy peas & chunky tartare sauce	
Pan Fried Salmon & Spicy Mixed Lentils ^{4,7}	19.95
Flavour packed lentils, finished with crème fresh	
Fillets of Seabass ^{4,7}	22.50
2 fillets of seabass, crushed new potatoes, sautéed greens & lemon, caper butter	
Seafood Tagliatelle ^{1,2,3,4,7,9,12,14}	18.95
Seafood bisque, mussels, prawns, squid and scallops	
Vegan Burger ^{VG 1,5,8,10}	12.50
"Moving Mountains" pattie, tomato chutney, sweet potato fries, salad	
Thai Chicken Burger ^{1,2,3,7,10}	13.95
Thai spiced chicken breast in a brioche roll, coconut, onions, home dried tomatoes, hand cut chips, salad garnish, lime & chilli mayo	

MAINS

Tenby Burger ^{1.3.4.6.7.8.9.10.11} 14.50

6oz homemade prime Irish beef-burger in a brioche roll, baby gem, home dried tomatoes, hand cut chips, salad garnish, tomato relish, ranch dressing

Add the below for 75p per item:

Back bacon, melted cheese, onion rings, fried egg, caramelised onions

BBQ Rib ^{1.3.4.6.7.9.10.11.12} 15.95

Whole rack of BBQ rib, sesame seeds, coriander, hand cut chips, salad, house coleslaw

Guinness Braised Short Rib ^{1.3.7.9.10.12} 17.95

Slow cooked tender beef short rib, tender stem broccoli, dauphinoise potatoes

Espatada

Sirloin cooked in by using a traditional Portuguese skewer over our chargrill coals, hand cut chips, rice, new potatoes, vegetables (choice of two) ^{1.7.10} garlic butter ⁷

Chicken 19.95

Beef 21.95

Seafood (monkfish, salmon, king prawns) ^{1.2.4.7.10} 22.50

Tenby Combo ^{1.3.4.6.7.8.9.10.12} 20.50

Half rack of tender ribs, Cajun chicken breast, onion rings home dried tomatoes, hand cut chips, salad garnish

Add 6oz Sirloin Steak 5.95

Add 5 prawns ^{2.7} 4.95

Beef Medallions & King Prawn Teriyaki ^{1.2.6.11.12} 19.95

Bamboo shoots, red pepper, spring onions, hand cut chips

10oz Rib Eye Steak ^{1.7.10} 20.50

Hand cut chips, home dried tomatoes, salad garnish

Peppercorn sauce ^{7.12} garlic butter ⁷ 1.95

Grilled Lamb Cutlets ^{1.3.7.9.10.12} 21.95

Roasted Mediterranean vegetables, duchess potatoes, red wine & mint jus

ON THE SIDE

French Bread & Butter ^{1.7}	1.75
House Coleslaw ^{3,10}	2.25
New Potatoes ⁷ (Jersey Royals when in season)	3.50
Mixed Salad ¹⁰	3.50
Sweet Potato fries ¹	3.50
Seasonal Vegetables ⁷	3.50
Hand Cut Chips ¹	3.50
Beer Battered Onion Rings ¹	3.95

DESSERTS

Black Butter Sticky Toffee Pudding ^{1,3,7,8} <i>Hot toffee sauce, Jersey Dairy vanilla ice cream</i>	6.50
Chocolate Brownie GF ^{3,7,13} <i>Jersey Dairy Banoffee ice cream</i>	6.50
Lemon Panna Cotta ⁷ <i>Jersey Dairy coconut & pineapple ice cream</i>	6.50
Peanut Butter & Banana Chocolate Sundae ^{1,8} <i>Layered peanut butter, banana & Lotus biscuits</i>	6.50
Crème Caramel ^{3,7}	6.50
Jersey Dairy Ice Cream ⁷ or Sorbet (3 Scoops)	4.95
Extra Scoop <i>Vanilla, Strawberry, Chocolate, Mint Choc Chip, Banoffee or Coconut & Pineapple</i>	1.50

Ask for vegan ice cream flavours available

FOR THE KIDS

all 7.95

Tender BBQ Ribs ^{3.4.6.7.8.9.10.12}

Chips & peas

Fish & Chips ^{1.4.7}

Mushy peas

Home Cooked Ham ^{1.3.10}

Egg & chips

Chicken Goujons ¹

Chips & peas

4oz Homemade Beef Burger ^{1.7}

Melted cheese, chips & peas

Tagliatelle Pasta ^{1.3.7}

Tomato sauce & cheese

HOT DRINKS

Espresso 2.10 Double Espresso 2.50

Americano 2.50 Cappuccino 2.50

Latte 2.50 White Coffee 2.50

Hot Chocolate 2.50 Decaff Coffee 2.50
& Cream White, Cappuccino, Latte or Black

Novus Teas 2.75

English Breakfast, Sapphire Earl Grey, Decaffeinated Ceylon, Dragonwell Green, White Pear & Ginger, Egyptian Mint, Citrus Chamomile, Persian Pomegranate

Liqueur Coffee from 6.50

Irish (Irish Whiskey), Russian (Vodka), Cointreau, French (Brandy), Amaretto, Jamacian (Rum), Calypso (Tia Maria), Gaelic (Scotch Whisky), Baileys

The Tenby

BREAKFAST MENU

Served daily 10:00am - 1:00pm

FULL ENGLISH ^{1,3,7} £8.50

Sausage, your choice of eggs (fried, scrambled or poached), bacon, black pudding, hash brown, baked beans, mushrooms, tomato, toast.

VEGGIE BREAKFAST ^{1,3,7} £7.95

Veggie sausage, your choice of eggs (fried, scrambled or poached), halloumi, hash brown, mushrooms, baked beans, toast.

SMOKED SALMON ^{1,3,4,7} £7.95

Sour dough, scrambled eggs

EGGS BENEDICT ^{1,3,7} £6.95

Served on an English muffin, bacon, poached egg, hollandaise sauce.

EGGS FLORENTINE ^{1,3,7} £6.95

An English muffin, spinach, poached egg, hollandaise.

SMASHED AVOCADO ^{1,3,7} £6.95

Sour dough, soft poached egg

PANCAKES ^{1,3,7} £6.50

Caramelised cinnamon apples, ricotta cheese

PANCAKES ^{1,3} £6.95

Bacon maple syrup

Allergen Key:

1 - Wheat | 2 - Crustaceans | 3 - Eggs | 4 - Fish | 5 - Peanuts | 6 - Soya | 7 - Dairy | 8 - Nuts | 9 - Celery
10 - Mustard | 11 - Sesame Seeds | 12 - Sulphur/Alcohol | 13 - Lupin Flour | 14 - Molluscs

Please inform your server of any allergies before placing your order, allergens listed are correct at time of print. We cannot guarantee the total absence of allergens in our dishes.

All dishes are prepared in a kitchen using gluten, nuts, celery, fish, seafood & dairy products.