

STARTERS

Garlic Ciabatta ^{1.7}	3.75/4.25
Add cheese	
Fresh Soup of the Day ^{1.7}	4.95
Varies daily, served with French bread, Jersey butter	
Goat Cheese & Spinach Tart ^{1.7}	7.50
Puff pastry tart, rocket salad, honey balsamic glaze	
Prawn Cocktail ^{1.2.3.4.7.9.12}	8.50
Royal Greenland prawns, baby gem, cucumber, Marie Rose sauce, brown bread, Jersey butter	
Vegan Board VG ^{1.5.8.11}	8.50
Sun dried tomato hummus, roasted Mediterranean vegetables, nut roast bites, olives, tomato chutney, flatbread slices	
Pil Pil Prawns ^{1.2.4.7}	9.50
Chilli & garlic prawns, served with French bread, Jersey butter	
10 Chicken Wings (To share)	9.95
BBQ ^{3.4.6.7.8.9.10.12}	
Hot Sauce ^{6.10.12}	
Blue Cheese ^{1.7}	

SANDWICHES (Served until 3.00)

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

Crispy Sweet Chilli Chicken Wrap ^{1.10}	8.25
Breaded chicken strips with sweet chilli, peppers, red onion & baby gem	
The Tenby Club Ciabatta ^{1.3.7.10.11}	8.50
(on white or brown bread) Grilled back bacon, cajun chicken, tomato, baby gem	

Allergen Key:

1 - Wheat | 2 - Crustaceans | 3 - Eggs | 4 - Fish | 5 - Peanuts | 6 - Soya | 7 - Dairy | 8 - Nuts | 9 - Celery
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SANDWICHES

Royal Greenland Prawns 'Marie Rose'	8.95
<i>Brown bread, cucumber, baby gem</i> 1,2,3,4,7,9,10,12	
Steak Ciabatta 1,10	8.95
<i>Caramelised onions, wholegrain mustard</i>	
Fish Goujon Wrap 1,3,4,10	8.95
<i>Cod Goujons, Baby Gem, Tartare Sauce</i>	
Grilled Halloumi Ciabatta V 1,7,8,10	8.95
<i>Roasted Mediterranean vegetables, rocket, pesto and tomato</i>	
Hummus and Veg Sandwich VG 1,11	8.95
<i>Flatbread sandwich, humus, Mediterranean vegetables</i>	
Duck Wrap 1,6,9,10,11	9.25
<i>Strips of cucumber, red onion, coriander, Hoisin sauce</i>	

MAINS

Classic Cæsar Salad 1,3,4,7	10.50
<i>Baby gem lettuce, free range boiled egg, garlic croutons, crispy pancetta, anchovy fillets, creamy Caesar dressing, parmesan shavings</i>	
Add:	
Chicken (Plain or Cajun) 1,3,4,7	12.75
King Prawn 1,2,3,4,7	15.75
Vegan Burger VG 1,5,8,10	12.50
<i>"Moving Mountains" pattie, vegan roll, tomato chutney, sweet potato fries, salad</i>	
Creamy Spicy Lentil Curry 10	13.50
<i>Roasted cauliflower, sweet potato, spinach</i>	

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

MAINS

Red Thai Curry ¹⁴	
red onion, mixed peppers, courgettes, baby sweetcorn, steamed rice, prawn crackers	
Chicken	13.75
Prawn	15.75
Crispy Battered Fish & Chips ^{1,3,4,6,7,8,9,10}	13.95
Mushy peas, chunky tartare sauce	
Thai Chicken Burger ^{1,2,3,7,10}	13.95
Thai spiced chicken breast in a brioche roll, coconut, onion, hand cut chips, salad garnish, lime & chilli mayo, chutney	
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, coleslaw, hand cut chips, salad garnish, tomato chutney, ranch dressing	
Add the below for 75p per item: Bacon, cheddar cheese, 3 onion rings, fried egg, caramelised onion	
Mussels (starter portion available)	14.95
Hand cut chips, bread & Jersey butter	
A la Crème ^{1,7,12,14}	
Red Thai Coconut Curry ^{1,2,7,12,14}	
To make gluten free please ask for gluten free bread	
Pie of the Day	14.95
Ask about our homemade pie of the day, seasonal vegetables, gravy	
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, creamy mash potatoes	
Seafood Tagliatelle ^{1,2,3,4,7,9,12,14}	18.95
Seafood bisque, mussels, prawns, squid, salmon	

MAINS

Espatada

Chunks of sirloin or chicken cooked with a traditional Portuguese skewer

Choose two:

hand cut chips, rice, new potatoes, vegetables or salad

Chicken 19.95

12^{oz} Beef 21.95

Fillet of Seabass^{4.7} 22.50

2 fillets of seabass, crushed new potatoes, sautéed greens, lemon caper butter

Rib Eye Steak^{1.7.10} 22.50

10oz rib eye, hand cut chips, salad garnish

Extra: garlic butter⁷ peppercorn sauce^{1.7.10.12} 1.50

Beef Medallions & King Prawn Teriyaki^{1.2.6.11.12} 19.95

Bamboo shoots, red pepper, spring onions in a Teriyaki sauce, hand cut chips

ON THE SIDE

French Bread & Butter^{1.7} 1.75

House Coleslaw^{3.10} 2.25

New Potatoes⁷ 3.50

(Jersey Royals when in season)

Mixed Salad¹⁰ 3.50

Sweet Potato fries¹ 3.50

Seasonal Vegetables⁷ 3.50

Hand Cut Chips¹ 3.50

Beer Battered Onion Rings¹ 3.95

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DESSERTS

Black Butter Sticky Toffee Pudding ^{1,3,7,8}	6.50
<i>Hot toffee sauce, Jersey Dairy vanilla ice cream</i>	
Chocolate Brownie GF ^{3,7,13}	6.50
<i>Jersey Dairy Banoffee ice cream</i>	
Lemon Panna Cotta ⁷	6.50
<i>Jersey Dairy coconut & pineapple ice cream</i>	
Peanut Butter & Banana Chocolate Sundæ GF ^{1,8}	6.50
<i>Layered peanut butter, vegan vanilla ice cream, banana & Lotus biscuits</i>	
Vegan Chocolate Brownie VG ⁸	6.50
<i>Walnuts, vegan vanilla ice cream</i>	
Jersey Dairy Ice Cream ⁷ or Sorbet (3 Scoops)	4.95
Extra Scoop	1.75
<i>Vanilla, Strawberry, Chocolate, Mint Choc Chip, Banoffee or Coconut & Pineapple</i>	

Ask for vegan ice cream flavours available

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FOR THE KIDS

all 7.75

Mini Pot of Steamed Mussels

Cream & Garlic ^{1,4,7,12,14} / Thai Coconut Curry ^{1,4,7,14}

Chips, bread, Jersey butter

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

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HOT DRINKS

Espresso	2.10	Double Espresso	2.50
Americano	2.50	Cappuccino	2.50
Latte	2.50	White Coffee	2.50
Hot Chocolate & Cream	2.50	Decaff Coffee	2.50

White, Cappuccino, Latte or Black

Novus Teas 2.75

English Breakfast, Sapphire Earl Grey, Decaffinated 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

Welcome to

The Tenby

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