

THE TENBY
The Bulwarks, St Aubin, JE3 8AB

OCTOBER

FEAST 4 LESS

2 COURSE £15.00
3 COURSE £17.50

Lunch:

Mon - Thu 12:00pm - 2:30pm

Sun 12:00pm - 7:00pm

Dinner:

Mon - Thu 5:00pm - 8:00pm

(Available Menu Times Only)

FEAST 4 LESS WINE

VISTAMAR BRISA
MERLOT OR SAUVIGNON BLANC

CHILE

£12.50



TO BOOK

(01534) 741224

tenby@randalls.je

STARTERS

Smoked Mackerel Pâté ^{5,7,8,12,13}

Ciabatta crostini

Pork Spiced Meatballs ^{6,13}

On a bed of Asian slaw

Quinoa Cake ^{vg gf}

Cherry tomato, chickpea, mint relish

Chicken Satay Salad ^{1,5,8}

Peanut satay sauce

MAINS

Chargrilled Pork Ribeye ^{7,13,14}

Sautéed potatoes, steamed savoy cabbage, cider sauce

Moroccan Lamb Tagine ^{2,14}

Coriander cous cous

Vegan Ramen ^{9 vg}

Rice noodles

Grilled Sea Bass Fillet ^{5,11,14}

On a bed of cannellini bean stew

DESSERTS

Lemon Posset ^{2,7,13}

Lemon shortbread

Vegan Chocolate Orange Cheesecake ^{2 vg}

Jersey Dairy vanilla ice cream

Carrot Cake ^{6,7,13}

Parfait, custard, strawberries

Coconut Panna Cotta ⁷

Citrus fruit salad

VIEW ALL MENUS AT FEAST4LESS.JE

SCAN HERE TO VIEW OR



#FEAST4LESS

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