

Welcome to

# The Tenby

## SANDWICHES

(Served Until 2:30)

All served with a mixed salad or hand cut chips

Low gluten bread available

<b>Crispy Sweet Chilli Chicken Wrap</b> <sup>2,9</sup>	8.25
Breaded chicken strips, sweet chilli, peppers, red onion, baby gem	
<b>The Tenby Club Ciabatta</b> <sup>2,4,7,9</sup>	8.50
Grilled back bacon, cajun chicken, ranch mayo, tomato, baby gem	
<b>Royal Greenland Prawns 'Marie Rose'</b> <sup>1,2,3,4,5,7,9,14</sup>	8.95
Brown bread, cucumber, baby gem	
<b>Steak Ciabatta</b> <sup>2,9</sup>	8.95
Caramelised onions, rocket, wholegrain mustard	
<b>Fish Goujon Wrap</b> <sup>1,2,4,5,7,9,10,13,14</sup>	8.95
Cod goujons, baby gem, tartare sauce	
<b>Grilled Halloumi Ciabatta</b> <sup>v 2,7,9,10</sup>	8.95
Roasted Mediterranean vegetables, rocket, pesto, tomato	
<b>Hummus &amp; Veg Sandwich</b> <sup>vg 2,12</sup>	8.95
Flatbread sandwich, hummus, Mediterranean vegetables	
<b>Duck Wrap</b> <sup>1,2,9,13</sup>	9.25
Strips of cucumber, red onion, coriander, hoisin sauce	

Allergen Key:

1 - Celery | 2 - Gluten | 3 - Crustaceans | 4 - Egg | 5 - Fish | 6 - Lupin | 7 - Milk | 8 - Molluscs  
9 - Mustard | 10 - Nuts | 11 - Peanuts | 12 - Sesame | 13 - Soya | 14 - Sulphur Dioxide & Sulphites