

Welcome to

The Tenby

Something for the Table

Bread Selection 2.75
Jersey butter

Garlic Herb Ciabatta | Add Cheese v 4.50 /5.25

Marinated Olives & Feta v 5.50

Asian BBQ Chicken Wings 6.75

Braised Red Wine Chorizo & Crostini 6.95

Starters

Jersey Cauliflower Soup v 6.25
Harissa, salsa verde, bread, Jersey butter

Greek Style Feta & Spinach Crisp Rolls v 7.75
Wood roasted pepper & walnut sauce, seeds, pomegranate

Garlic Mushrooms v 8.50
Grilled sour dough, poached egg, rocket, parmesan,
truffle balsamic dressing

Smooth Duck Liver Parfait 8.95
London pride chutney, pickled vegetables, grilled sourdough

Tenby Arctic Royal Prawn Cocktail 9.25
Crisp lettuce, Marie Rose, lemon

Crispy Salt & Pepper King Prawns 9.75
Sweet chilli, asian slaw, wasabi aioli

Cæsar Salad

Caesars served with:

Baby gem leaves, pancetta, croutons, parmesan, anchovies,
boiled egg free range egg, creamy caesar dressing

Plain Cæsar 7.95

Chargrilled Chicken Breast 11.50

Marinated Arctic Royal King Prawns 12.75

Vegan

Mezza Plate Starter 7.85 | Main 13.95

Hummus, muhammar, baba ghanoush, marinated olives,
pomegranate, toasted seeds, dressed salad, tahini dressing,
harissa oil, grilled sour dough

Moving Mountains Vegan Burger 13.95

Vegan cheese, gem lettuce, sliced tomato, red onion, sliced beetroot,
sweet potato fries with harissa oil, toasted seeds

Rigatoni Pasta 13.95

Salsa verde, roast vegetable ragu, mushrooms, vegan style cheese

Burgers

Katsu Chicken Burger 13.95

Panko crumbed chicken breast, gem lettuce, sliced tomato, red onion,
pickled ginger, katsu curry mayo, spicy citrus & coriander slaw, chips

Trinity Manor Farm Beef Burger 14.95

Monterey Jack cheese, bacon, gem lettuce, sliced tomato,
red onion, sliced pickle, seasonal slaw, chips

Please inform your server of any allergies before placing your order,

please ask for our allergen chart for all dishes

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, seafood & dairy products.

Classic Mains

London Pride Battered Cod & Chips 14.95
Minted mushy peas, chips, tartare sauce, lemon

BBQ Back Ribs 15.95
Slow cooked & glazed with black butter BBQ sauce,
chips, seasonal slaw

Pie of the Day 16.95
Prepared daily, seasonal local vegetables, caramelized onion gravy,
Choice of chips or mash

Aged Irish Sirloin 23.25
Chargrilled, hand cut chips, battered beer onion rings,
baked mushroom, dressed salad
Peppercorn Sauce or Roast Garlic Butter

Seasonal Mains

Roast Pork Belly 16.50
Crushed new potatoes, roasted spring carrots, buttered greens,
onion gravy, apple ketchup

Chorizo & King Prawn Rigatoni 16.95
Pasta tubes, tomato, chorizo & king prawn,
salsa verde, fresh parmesan

Pan Fried Bream Fillet 17.50
Buttered new potatoes, french beans, prawns,
caper & herb butter, lemon

Seared Salmon Fillet 18.25
Tender stem broccoli, pak choy, buttered new potatoes,
black bean sauce

Seasonal Mains - continued

Espatada:

Sirloin Steak 23.95

Chicken Breast 21.95

Traditional portuguese hanging skewer
marinated in garlic & bay leaf
Served with roast garlic butter,
dressed salad
Choose from chips or rice

The Tenby Asian Street Food Board 26.00

All made in house, great selection of Asian dishes to share,
with Asian noodle salad

Crispy Squid tossed in chilli sauce | BBQ Chicken Wings |
Chicken Yakitori with Teriyaki Sauce | Lime & Chilli Pork Ribs |
Crispy Beef tossed in sweet chilli

Side Orders v

Chips 4.25

London Pride Battered Onion Rings 4.25

French Beans & Broccoli 4.50

Sweet Potato Fries 4.50

New Potatoes soft herb butter 4.95

Greek Chips harissa oil, feta & toasted seeds 5.20

Tomato, Onion & Olive, Dressed Salad 5.25

Rocket, Gem Salad parmesan, truffle balsamic 5.25

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Something to Finish

Sorbet

We also have a selection of sorbets,
Please ask about flavors

1 scoop **1.90** | 2 scoops **3.80**

Jersey Dairy Ice Cream 3 scoops

Vanilla | Strawberry | Chocolate | Mint Choc Chip |
Banoffee | Coconut & Pineapple

5.85

Vegan Hazelnut & Caramel Cheesecake Cream

Caramelized pastry, cookie crumbs

6.95

Banana Sticky Pudding

Ginger butterscotch, Jersey Dairy vanilla ice cream

8.95

Chocolate Brownie

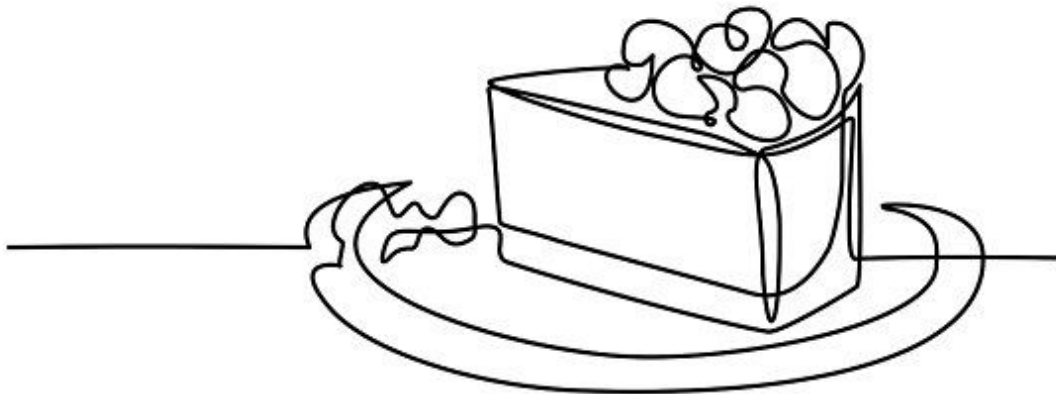
Salted caramel sauce, banoffee ice cream

9.25

Cheese Selection

Black bomber cheddar, forme d'ambert, brie,
homemade chutney, biscuits

11.50



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Hot Drinks

Espresso	2.50	Double Espresso	2.95
Americano	2.75	Cappuccino	2.75
Latte	2.75	White Coffee	2.75
Decaff Coffee	2.75	Hot Chocolate	2.95

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 7.95

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



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