

## Our Beer

The brewery and taproom are located at the back of the beer garden. Come and see where the magic happens

# HARBWR

— TAP & KITCHEN —

## Gift Shop

We have a range of our bottles, gift packs, merch, plus some select local rums & gins available to take home. Find it down the lane.

## ..... Small Plates .....

<b>Houmous (ve)</b> ..... 8.00 <i>Homemade houmous / toasted flatbread</i>	<b>Tempura Battered Prawns</b> ..... 8.50 <i>Light battered tail on prawns / sweet chili sauce</i>
<b>Bread &amp; Olives (ve)</b> ..... 8.00 <i>Rustic bread / olives / oil / balsamic</i>	<b>Salt &amp; Pepper Squid</b> ..... 8.50 <i>Lightly coated squid / Aioli</i>
<b>Burrata Salad (v)</b> ..... 11.00 <i>Creamy Burrata / tomatoes / leaf / dressing</i>	<b>Whitebait</b> ..... 8.50 <i>Crispy coated fish / homemade tartar sauce</i>
<b>Halloumi Fries (v)</b> ..... 8.00 <i>Deep fried halloumi / Hot honey</i>	<b>Southern Fried Chicken Tenders</b> ..... 8.50 <i>Crispy fried chicken / BBQ sauce</i>

## ..... Steaks & Grill .....

<b>10oz Local Welsh Sirloin</b> , prime local butcher's beef with seasoned rustic chips, salad garnish & coleslaw	<b>28.50</b>
<b>12oz Local Pork Loin</b> , succulent local butcher's pork, seasoned rustic chips, salad garnish & coleslaw	<b>19.50</b>
<b>Minted Lamb Steak</b> , marinated Welsh lamb with seasoned rustic chips, salad garnish & coleslaw	<b>24.50</b>
<b>10oz Pembrokeshire Gammon</b> , horse-shoe gammon steak with garden peas, pineapple & seasoned rustic chips	<b>19.00</b>
<b>Grilled Chicken</b> , Choice of mild Cajun, garlic & herb or simply grilled with salad garnish & coleslaw, chips	<b>19.50</b>
<b>Beer Braised BBQ Pork Ribs</b> , half or whole rack, served with salad garnish, rustic chips & coleslaw	<b>19.00 / 26.00</b>
<b>Chicken &amp; Rib Combo</b> , Grilled chicken breast, half rack ribs, salad garnish, seasoned rustic chips & coleslaw	<b>27.50</b>

## Sides...

Peppercorn Sauce 4.00 / Side Salad 4.00 / Onion Rings 4.50 / Coleslaw 3.50  
Garlic Bread 5.50 / Cheesy Garlic Bread 6.50 / Mac & Cheese 6.00

## ... Classics ...

<b>HARBWR Fish Pie (gfa)</b> ..... 25.00 <i>Fresh chunks of mixed cuts, prawns in a creamy sauce, Topped with cheesy mash, with salad &amp; a chunk of rustic bread</i>
<b>Tenby Fish Taco</b> ..... 17.50 <i>Battered fish / soft shell tacos x 2 / leaf / slaw / sauce / Boom!</i>
<b>HARBWR Beer Battered Cod</b> ..... 18.50 <i>Finest Atlantic cod fillet / rustic chips / peas / tartar sauce</i>
<b>Breaded Wholetail Scampi</b> ..... 17.50 <i>Finest scampi / chips / salad garnish / coleslaw / tartar sauce</i>
<b>Steak &amp; HARBWR Ale Pie</b> ..... 17.50 <i>Slow cooked filling / puff pastry / rustic chips / peas</i>
<b>Chilli Con Carne</b> ..... 17.50 <i>Wild grain rice / salad garnish / tortilla corn chips</i>
<b>Chicken Tikka Masala (gfa)</b> ..... 17.50 <i>Authentic style curry / rice / flatbread / chutney</i>
<b>Vegetable Tikka Masala (gfa)</b> ..... 17.50 <i>Vegetarian curry / rice / flatbread / chutney</i>
<b>Three Bean Smokey Chilli (ve) (gf)</b> ..... 17.50 <i>Wild grain rice / salad garnish / tortilla corn chips</i>

## ... Burgers ...

All served in a dairy free toasted bun with seasoned rustic chips

<b>The HARBWR Signature Burger</b> ..... 18.00 <i>Double stacked 100g steak burger / cheeses / pickles house sauce / Ooosh!</i>
<b>Grilled Chicken Burger</b> ..... 19.00 <i>Choice of mild Cajun / Garlic &amp; Herb / Simply Grilled</i>
<b>Crispy BBQ Chicken Burger</b> ..... 18.00 <i>Double stacked breaded chicken / Cheese / BBQ Sauce</i>
<b>Mushroom &amp; Beetroot Burger</b> ..... 17.50 <i>Vegetarian patty / gourmet relish / pickles.</i>
<b>Cod Burger</b> ..... 17.50 <i>Beer battered cod / homemade tartar sauce.</i>

**Pimp your burger with:** Cheese 1.00 / Bacon 1.00

**Food Served**  
**7 Days a Week**  
Midday to 8.30pm

## Fresh Fish

All our freshly caught fish is served with buttered Pembrokeshire new potatoes & seasonal vegetables.

See our specials or ask a server for what catches are available today

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES OR DIETRY REQUIREMENTS BEFORE ORDERING YOUR MEAL.  
(GF) – GLUTEN FREE FRIENDLY – (GFA) – GLUTEN FREE FRIENDLY OPTION AVAILABLE – (V) – VEGETARIAN FRIENDLY – (VE) – VEGAN FRIENDLY – (VEA) VEGAN VERSION AVAILABLE  
ALTHOUGH WE STRIVE TO KEEP OUR FRIERS SEPARATE FOR (GF) WE CANNOT GUARANTEE 100% TRACE FREE OF GLUTEN ON ITEMS COOKED IN OUR FRIERS.  
WE USE RAPESEED OIL IN OUR FRIERS.

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# Light Bites

## ... Sandwiches ...

Available 12 - 5pm.

All served on white rustic bread

<b>Ham and or Cheddar</b>	<b>8.50</b>
<b>Tuna Mayo / Cucumber</b>	<b>9.00</b>
<b>Local Sausage / Red Onion Chutney</b>	<b>9.00</b>
<b>Fish Fingers / Tartar</b>	<b>10.00</b>
<b>Prawns / Marie Rose</b>	<b>11.00</b>
<b>Steak / Onion Chutney / Mustard Mayo</b>	<b>12.00</b>

## ... Salads ...

<b>Ploughman's Lunch</b>	<b>16.50</b>
<i>Mature Welsh cheddar or ham, or both, house salad, pickles &amp; rustic bread.</i>	
<b>Prawn Salad</b>	<b>16.50</b>
<i>Juicy Atlantic prawns served with Marie Rose sauce, house salad &amp; rustic bread</i>	
<b>Lebanese Falafel Flatbread (ve)</b>	<b>16.50</b>
<i>Falafels, flatbread, salad, yummy vegan Middle Eastern sauce.</i>	

## Children's Menu

<b>Sausages</b> , choice of copper hogg, local butchers <b>pork</b> sausages or <b>vegetable</b> sausages. Served with chips	<b>7.50</b>
<b>Fish Fingers &amp; Chips</b> , breaded cod fingers served with chips	<b>7.50</b>
<b>Chicken Nuggets</b> , battered nuggets of chicken breast served with chips	<b>7.50</b>
<b>Pizza Wrap</b> , margherita sourdough pizza wrap served with chips (v)	<b>7.50</b>
<b>Beef Burger</b> , local butchers beef burger, served in a toasted bun with chips	<b>7.50</b>
<b>Chicken Burger</b> , battered chicken served in a toasted bun with chips	<b>7.50</b>
<b>Mac &amp; Cheese</b> , creamy mac & cheese served with garlic bread (v)	<b>7.50</b>
<b>Sizzler Steak</b> , 4oz Sirloin thin sizzler steak served with chips.	<b>11.00</b>
<i>Add Peas or Beans for 50p</i>	

## ... Sides ...

<b>Peppercorn Sauce</b>	<b>4.00</b>
<b>Mac &amp; Cheese (v)</b>	<b>5.50</b>
<b>Onion Rings (v)</b>	<b>4.50</b>
<b>Rustic Chips (v)</b>	<b>5.00</b>
<b>Cheesy Rustic Chips (v)</b>	<b>5.50</b>
<b>Garlic Bread (v)</b>	<b>5.50</b>
<b>Cheesy Garlic Bread (v)</b>	<b>6.50</b>
<b>Rustic Bread &amp; Butter (v)</b>	<b>3.00</b>
<b>Side Salad (ve) (gf)</b>	<b>4.00</b>
<b>Coleslaw (v) (gf)</b>	<b>3.50</b>
<b>Butter &amp; Herb New Potatoes (v) (gf)</b>	<b>4.00</b>
<b>Buttered Vegetables (v) (gf)</b>	<b>4.00</b>

## Sharing is Caring...

<b>Bread &amp; Olives</b>	<b>8.00</b>
<b>Halloumi Fries</b>	<b>8.00</b>
<b>Salt &amp; Pepper Squid</b>	<b>8.50</b>
<b>Whitebait</b>	<b>8.50</b>
<b>Southern Fried Chicken Tenders</b>	<b>8.50</b>

## Desserts

<b>Sticky Toffee Pudding</b>	<b>7.50</b>
<b>Warm Chocolate Fudge Cake (gf)</b>	<b>7.50</b>
<b>Cheesecake of the Day</b>	<b>7.50</b>

All served with Pembrokeshire Vanilla Ice Cream

## ... Hot Drinks ...

Lovingly made from our barista machine

<b>Tea</b> English Breakfast, Earl Grey, Peppermint, Green, Fruit	<b>3.00</b>
<b>Hot Chocolate</b> make it posh 50p	<b>4.00</b>
<b>Espresso</b>	<b>2.00 / 3.60</b>
<b>Americano</b> With or without milk	<b>3.60</b>
<b>Latte</b>	<b>3.80</b>
<b>Cappuccino</b>	<b>3.80</b>
<b>Flat White</b>	<b>3.80</b>
<i>Add a syrup shot for 50p – Vanilla, Hazelnut or Caramel Milk substitutes available 50p</i>	
<b>Barti Rum Hot Chocolate</b>	<b>7.00</b>
<b>Liquor Coffee</b>	<b>7.00</b>
<i>Whiskey, Brandy, Tia Maria, Malibu, Irish Cream</i>	

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