

Salty's

Beach Bar & Restaurant

Starters

HALLOUMI FRIES - 7
With garlic mayonnaise **GF**

BUTTERBEAN & TOMATO PATE - 8
With red onion chutney & toasted bread **V VE**

CHICKEN LIVER, CIDER & APPLE PATE - 8
With red onion chutney & grilled bread

CALAMARI - 9
With sweet chilli dipping sauce

MUSSELS - 10
With chorizo, paprika, tomato & white wine sauce **GF**

SOUP OF THE DAY - 7
With warm baguette

COD GOUJONS - 9
With homemade tartar sauce & garnish

CHICKEN WINGS - 8
With soy, Korean barbecue, buffalo sauce & sweetcorn salsa **GF**

Mains

LAZY HEN BURGER - 15
Deep fried chicken with Kentucky flavours, black pepper mayo, baby gem lettuce & french fries

10oz SIRLOIN STEAK - 26
Thick cut chips, roasted mushroom and a fresh rocket cucumber and cherry tomato salad **GF**

BEER BATTERED FISH & CHIPS - 15
With choice of mushy or garden peas

CHICKEN TIKKA MASALA CURRY - 15
With rice & poppadom **GF**

LAZY COW BURGER - 15
Two 3oz patties with cheese, beef tomato, lettuce, fries & TWELVE Tenby's burger sauce (Add Bacon - 1.25)

6oz FILLET STEAK - 28
Thick cut chips, roasted mushroom and a fresh rocket cucumber and cherry tomato salad **GF**

COD, PRAWN, MUSSELS & COCKLES FISH PIE - 18
With cheddar mash & today's vegetables

VEGAN TIKKA MASALA CURRY - 15
With rice & poppadom **V VE GF**

OUMPH BURGER - 15
6oz soya based patty with vegan cheese, beef tomato, lettuce & fries **VE**

BRAISED BEEF CHEEKS - 18
Buttery mash, red cabbage, cardamom carrot & red wine sauce

GRILLED CHICKEN - 18
With a mushroom and tarragon sauce served with root vegetables & buttery mash potatoes **GF**

Chef Selection

FRESH COD PANKO KIEV - 22
Sauteed Potatoes, today's vegetables & beurre blanc sauce

SIAN'S FAVOURITE* - 38
8 king prawns cooked in a Thermidor sauce with a 6oz fillet steak, fries & garnish **GF**

SEAFOOD & CAVIAR LINGUINE - 24
With a creamy garlic white wine sauce

Desserts

SICILIAN LEMON CHEESECAKE - 8
With vanilla ice cream **V**

MIXED FRUIT CRUMBLE - 7
With hot custard **V**

CLASSIC FRENCH PLUM CLAFOUTIS - 7
With hot custard **V**

CINNAMON WAFFLE - 9
With chocolate brownie, vanilla ice cream, squirty cream, toffee sauce & mixed berries **V**

CHEESEBOARD - 12
Black bomber, Roquefort, Brie, & Black as Coal smoked cheese with apple, grapes, celery & red onion chutney **V**

LEMON TART & CHOCOLATE BROWNIE DUO - 8
With vanilla ice cream **V VE GF**

SELECTION OF ICE CREAM OR SORBETS - 6
Ask server for flavours of the day! **V**

Sides

CHIPS - 4
(Add cheese +1) **V VE GF**

OLIVES - 6
V VE GF

SKINNY FRIES - 4
V VE GF

ONION RINGS - 4.5
V VE

GARLIC BREAD - 4
(Add cheese +1) **V VEO**

SIDE SALAD - 4.5
V VE GF