



## *The old sailors*

### **Starters**

Soup of the day with French bread (please ask or see specials board) (v) **£6 / £7.50**

Smoked Mackerel Pate with Mixed Leaves and Granary toast. **£7.00**

Mussels in a Thai green coconut Broth. **£7.50**

Half pint Whole Shell Prawns, garlic mayonnaise and brown bread. **£6.50**

New York style seafood chowder with French bread, Squid, mussels, clams in a tomato broth. **£8.00**

Creamy Garlic mushrooms with crispy bacon and parmesan crouton. **£6.50**

Moroccan style lamb meat balls in a spiced fragrant tomato sauce. **£7.50**

### **Main Courses**

Pie of the day with salad and chips or mixed vegetables and baby potatoes (please ask or see specials board)

**£13.00**

Moules mariniere served with French bread, cooked in a white wine, garlic and onion cream sauce. **£13.00**

Chefs authentic curry of the day, served with pilau rice or half and half with poppadum and mango chutney (please ask or see specials board) **£14.**

Creamy garlic mushroom pancake with salad and chips (v) **£12.00**

Fish and chips, 8oz haddock fillet in beer batter with chips, pea puree and tartar sauce. **£12.00**

Fisherman's pie with salad or mixed vegetables, mixed white fish, salmon, smoked haddock, topped with mash potato and parmesan bread crumb. **£13.00**

Vegetable lasagne with salad and chips and mini garlic bread (v) **£12.00**

*Please see specials board for today's fish specials.*

## **From the Grill**

8oz Ribeye steak, grilled tomato, fried onions and mushrooms, onion rings and chips or potatoes. **£20.00**

Old sailor cheeseburger, 8oz of local beef topped with crisp bacon, Monterey jack cheese, lettuce, onion, American mustard and gherkin relish, with onion rings and chips. **£12.50**

Philly cheese steak, local welsh rump steak with fried green peppers and onions, covered in Monterey jack cheese in a ciabatta roll with American slaw, onion rings and chips. **£13.00**

## **Salads**

Pembrokeshire ploughman's, Welsh cheddar and ham, pork pie, pickles, tomato chutney and brown bread or French baguette. **£12.00**

Pembrokeshire crab salad, boiled egg, brown bread and baby potatoes. **£17.00**

Chicken Caesar salad, crisp romaine lettuce, bacon, parmesan, croutons and Caesar dressing. **£12.00**

Pwllgwaelod lobster half or whole, grilled in garlic butter with baby potatoes. **£20.00/£33.00**

Pint of prawns, brown bread, warm garlic butter and lime coriander mayonnaise. **£13.00**

## **Jacket Potatoes**

Pulled pork in BBQ sauce. **£9.00**

Prawns in Marie Rose sauce. **£9.00**

Curry of the day. **£10.00**

Tuna mayonnaise. **£8.00**

Cheese. **£7.50**

*All served with a salad garnish and coleslaw.*

## Sandwiches and Baguettes

Fresh crab and lemon mayonnaise. **£9.50 / £11.50**

Roast beef, horseradish mayonnaise and caramelized onions. **£8.00 / £9.50**

Pembrokeshire ham, cheese and tomato chutney.  
**£7.50 / £8.50**

Prawn Marie Rose with iceberg lettuce. **£8.00 / £9.50**

Tuna mayonnaise and red onion. **£7.00 - £8.00**

*Sandwiches are served on soft brown seeded bread with salad garnish coleslaw and salted crisps.*

*Baguettes are white with salad garnish coleslaw and salted crisps.*

## Children's Meals

Sausages chips and beans. **£6.00**

Chicken strips chips and beans. **£6.00**

5oz Rump steak with chips and peas. **£8.00**

Cheeseburger with chips. **£7.00**

Fish and chips. **£6.00**

## Side Orders

Garlic mayonnaise. **£1.00**

Tartar sauce. **£1.00**

Cheese. **£1.50**

Beans. **£1.50**

Chips. **£2.85**

Cheese chips. **£4.00**

Chips cheese beans. **£5.00**

Potatoes. **£2.85**

Coleslaw. **£1.95**

American style slaw. **£2.00**

Onion rings. **£2.95**

Side salad. **£3.50**

Mixed vegetables. **£3.50**

Garlic bread. **£3.90**

Garlic cheese bread. **£4.50**

## Desserts

Summer fruits Eton mess. **£5.00**

Homemade Marshmallows, white chocolate sauce and raspberry coulis. **£5.00**

Selection of cheeses and biscuits. **£7.50**

Sticky toffee pudding with caramel sauce and salted caramel ice cream. **£5.25**

Banoffee Sunday. **£5.50**

Mary's farmhouse ice cream and sorbet. 1 Scoop **£2.20**, 2 scoops **£3.90**, 3 scoops **£5.20**

*Strawberry, mint choc chip, vanilla, chocolate and gd marnier, Celtic crunch, apricot walnut and brandy, Gaelic coffee and toasted almond, SORBET – lemon, vodka and lime, champagne, raspberry, mango, strawberry.*

## Drinks Menu

### Soft Drinks

Coke	£1.50
Diet Coke	£1.50
Idris Fiery Ginger Beer	£1.50
Sanpellegrino Orange	£1.80
Sanpellegrino Lemon	£1.80
Simply Fruity Orange	£1.50
Simply Fruity Blackcurrant	£1.50
Apple Juice	£1.00
Still Princess Gate Water	£1.50
Sparkling Princess Gate Water	£1.50
Orange and Passionfruit J20	£2.40
Apple and Mango j20	£2.40
Lervell's bionic	£3.00
Appetizer	£2.40
Elderflower Bottle Green	£2.40
Britvic Orange Juice	£1.50
Britvic Pineapple Juice	£1.50
Britvic Cranberry Juice	£1.50
Britvic Tomato Juice	£1.50
Britvic Bitter Lemon	£1.50
Britvic Ginger Ale	£1.50
Britvic Tonic Water	£1.30
Britvic Low Calorie Tonic Water	£1.30
Britvic Soda Water	£1.30
Templeton Lemonade	£1.30 / £2.20
Red Bull	£2.50
Orange Juice and Lemonade	£1.80 / £2.90
Lime and Soda	£1.30 / £2.20
Squash	£0.50 / £1.00
Milk	£1.00

### Alcoholic Drinks

Becks Blue 0%	£3.20
Peroni	£3.90
Budweiser	£3.50
Carlsberg	£1.80 / £3.40
San Miguel	£1.95 / £3.80
Gwynt Y Ddraig – Black Dragon	£4.30
Gwynt y Ddraig – Peri Vale	£4.30
Gwynt y Ddraig – Autumn Magic	£4.30
Thatchers Stan's Big Apple	£1.95 / £3.80
Thatchers Haze	£1.90 / £3.60
Guinness	£2.10 / £4.00
The Old Sailors Creamflow	£1.80 / £3.40
Barry Island IPA	£2.00 / £3.95