

SAILORS' SAFETY

BAR SEAFOOD GRILL

SMALL PLATES

FISHCAKE • Pickled carrot, tartare sauce (GF)	9
CHALK-STREAM TROUT • Pickled cucumber, lemon mayonnaise (GF)	10
TIGER PRAWNS • Chilli & garlic butter, parsley, bread, aioli (GF)	10
GRILLED MACKEREL FILLET • Watermelon, cucumber, peanut, chilli (GF)	10
NEVERN BEETROOT • Goat's cheese, torched hazelnuts, rocket, olive oil (GF)	10

LARGE PLATES

SAILORS' MUSSELS • Pembrokeshire cider, garlic, parsley, cream	Small 13 Large 21
MONKFISH GOAN CURRY • Coconut rice, sesame sambal (GF)	22
WELSH BEEF FILLET • Celeriac purée, peppercorn sauce, fries (GF)	30
WILD SEA BASS • Fennel, dill, vermouth velouté	24
ASPARAGUS & PEA RISOTTO • Nevern kale, pickled kohlrabi, smoked almond pesto (GF)(VG)	18
STEAMED COD • Soy broth, rice noodles, baby corn, mangetout, shiitake (GF/DF)	28

SIDES

FRIES	4.5
ROAST CARROTS • Hummus, sunflower seeds (GF)	4.5
PEMBROKESHIRE POTATOES • Parsley butter (GF)	4.5
TENDERSTEM BROCCOLI • Almond, chilli oil (GF)	4.5

SAUCES

LEMON MAYONNAISE (GF)	2.5	PEPPERCORN SAUCE (GF)	3.5
TRUFFLE MAYONNAISE (GF)	2.5	GARLIC AIOLI (GF)	2.5

DESSERTS

STICKY TOFFEE PUDDING • Butterscotch sauce, rum & raisin ice cream	8.5
RHUBARB & SHERRY TRIFLE • Toasted flaked almonds	9
CHOCOLATE MOUSSE • Toasted hazelnuts, olive oil	8.5
PIRATES' AFFOGATO • Vanilla ice cream, espresso, Barti Cream liqueur (GF)	8.5
WELSH CHEESE BOARD • Grapes, crackers (GF)	15

(VG) = vegan / vegan option available

Please inform a member of staff about any allergies. Some dishes may contain GMO oils.

Most of our dishes can be adapted to suit different dietary requirements; just ask.