

SAILORS' SAFETY

BAR

SEAFOOD

GRILL

TO SHARE

MARINATED OLIVES	6
BREAD & OLIVE OIL	5

SMALL PLATES

CARROT, GINGER & COCONUT SOUP • Chive, wild garlic	8
HAFOD BON BONS • Sriracha mayonnaise, cheese sauce	9
FISHCAKE • Pickled carrot, tartare sauce (GF)	9
TIGER PRAWNS • Chilli & garlic butter, parsley, bread, aioli	10
CHALK-STREAM TROUT • Pickled cucumber, lemon mayonnaise (GF)	10
NEVERN BEETROOT • Goat's cheese, toasted hazelnuts, rocket, olive oil (GF)	10

LARGE PLATES

PEMBROKESHIRE LOBSTER • Chunky chips, chilli & lime butter, chimichurri	Half 28 Whole 55
SAILORS' MUSSELS • Pembrokeshire cider, garlic, parsley, cream	Small 13 Large 21
PEMBROKESHIRE CRAB LINGUINE • Garlic, chilli	Small 13 Large 21
ASPARAGUS & PEA RISOTTO • Nevern kale, pickled kohlrabi, almond pesto (VG)	18
GOWER GOLD BATTERED COD • Chunky chips, minted mushy peas, tartare sauce	17
DEXTER BEEF BURGER • Fries, cheddar, burger sauce	17
FISH & SHELLFISH STEW • Toasted bread, wild garlic aioli	19

SIDES

FRIES or CHUNKY CHIPS	4.5
SMASHED CUCUMBER • Chilli, vinegar, salted peanut	4.5
TENDERSTEM BROCCOLI • Almond, chilli oil (GF)	4.5
ROASTED CARROTS • Hummus, toasted sunflower seeds	5.5

SAUCES

LEMON MAYONNAISE (GF)	2.5	GARLIC AIOLI (GF)	2.5
TRUFFLE MAYONNAISE (GF)	2.5		

DESSERTS

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

(VG) = vegan / vegan option available

Please ask a member of staff for any allergy advice.

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

For wine recommendations, please ask a member of staff.