

SAILORS' SAFETY

BAR

SEAFOOD

GRILL

LUNCH

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

LARGE PLATES

SAILORS' MUSSELS • Pembrokeshire cider, garlic, parsley, cream	Small 13 Large 21
ASPARAGUS & PEA RISOTTO • Nevern kale, pickled kohlrabi, smoked almond pesto (GF)(VG)	18
GOWER GOLD BATTERED COD • Chunky chips, peas, tartare sauce	17
DEXTER BEEF BURGER • Fries, cheddar, burger sauce	17

SIDES

FRIES	4.5
CHUNKY CHIPS	4.5
PEMBROKESHIRE POTATOES • Parsley butter (GF)	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	PEPPERCORN SAUCE (GF)	3.5

DESSERTS

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

(VG) = vegan / vegan option available

Please ask a member of staff for any allergy advice. Some dishes may contain GMO oils.

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

For wine recommendations, please ask a member of staff.