



## PIZZA MENU

stones baked

**Margherita: £16.95** V  
Mozzarella & Tomato

**Pepperoni: £19.00**  
Mozzarella, Tomato, Pepperoni

**Hawaiian: £18.00**  
Mozzarella, Tomato, Ham & Pineapple

**Pollo Picante: £19.00**  
Chicken, Chorizo, Onion, topped with  
Cajun Spices

**Vegetariana: £18.00** V  
Tomato, Mozzarella, mixed Peppers,  
Sweetcorn & Mushrooms

**Carnivore: £19.95**  
Chicken, Pepperoni, Ham & Chilli Beef

**Pizza Tear & Share: £15.45** V  
Garlic pizza topped with Mozzarella

Or make your own from the toppings  
listed above! 95p per additional topping.

V - Vegetarian

Please order and pay at the bar,  
it's Captain's orders!



The Harbour,  
Saundersfoot, Pembrokeshire, SA69 9HE

**Tel: 01834 812435**



# MENU



WARM STONE BAKED BAGUETTES

|                                                 |        |
|-------------------------------------------------|--------|
| Creamy Brie with Cranberry Sauce <span>V</span> | £8.50  |
| Oak Smoked Salmon & Cream Cheese                | £10.50 |
| Sizzling Chinese Chicken & Mayonnaise           | £10.50 |
| Thick Cut Bacon & Brie                          | £10.50 |
| Cajun Chicken & Mint Mayonnaise                 | £10.70 |
| Fine Cut Rump Steak & Fried Onions              | £12.95 |

Served with salad garnish & coleslaw

THICK SLICED SANDWICHES

|                                        |        |
|----------------------------------------|--------|
| Ham                                    | £8.45  |
| Cheddar Cheese & Pickle <span>V</span> | £8.45  |
| Prawn Marie Rose                       | £10.55 |
| Tuna & Mayonnaise                      | £9.45  |

Served with salad garnish & coleslaw

FRESHLY PREPARED SALADS

|                                                             |        |
|-------------------------------------------------------------|--------|
| Smoked Salmon & Prawn <span>GF</span>                       | £16.95 |
| Warm Pear, Walnut & Stilton <span>V</span> <span>GF</span>  | £14.95 |
| Spanish Chorizo & Strips of Chicken Supreme <span>GF</span> | £14.95 |
| Ploughman's Cured Ham & Three Cheese <span>GF</span>        | £15.30 |
| Tender Strips of Rump Steak with Sweet Chilli & Rocket      | £16.50 |

OVEN ROASTED JACKET POTATOES

|                                                        |        |
|--------------------------------------------------------|--------|
| Baked Beans <span>V</span> <span>GF</span>             | £9.45  |
| Mature Cheddar Cheese <span>V</span> <span>GF</span>   | £9.45  |
| Peeled Baby Prawns Marie Rose                          | £13.25 |
| Creamy Garlic Mushrooms <span>V</span> <span>GF</span> | £12.25 |
| Homemade Chilli Con Carne <span>GF</span>              | £17.50 |
| Tuna & Mayonnaise <span>GF</span>                      | £13.50 |

Served with salad garnish & coleslaw

MAIN MEALS

|                                                                                                                    |        |
|--------------------------------------------------------------------------------------------------------------------|--------|
| Homemade Meat Lasagne                                                                                              | £17.45 |
| Homemade Vegetable Lasagne <span>V</span><br>(Black olive, sweet potato & spinach)                                 | £16.75 |
| Homemade Chicken Curry<br>(Medium spiced, served with basmati rice and poppadom)                                   | £17.45 |
| Homemade Hot & Spicy Chilli Con Carne <span>GF</span>                                                              | £17.45 |
| Captain's Table Fried Chicken<br>(Goujons of chicken breast, deep fried in our own special coating with a BBQ dip) | £20.50 |
| Goujons of Creamy Peppercorn Chicken <span>GF</span>                                                               | £20.50 |
| Cherry Tomato & Sweet Chilli Chicken                                                                               | £20.50 |
| Sautéed Garlic Mushroom & Basil Pesto Pasta <span>V</span><br>(Finished with Parmesan & served with garlic bread)  | £17.45 |

Served with salad garnish, coleslaw & choice of jacket, new potatoes, chips or salad.

THE GRILL

All our steaks are supplied by our award-winning butcher in Narberth & are hung for a minimum of two weeks for tenderness.

|                                                                                                                                              |                 |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| Captain's Table Chicken & Bacon Melt <span>GF</span><br>(Flame-grilled chicken supreme & best back bacon with melted Mozzarella & BBQ sauce) | £22.45          |
| 8oz / 16oz Rump Steak <span>GF</span><br>(Chargrilled to your own taste & served with fried onions & wild mushrooms)                         | £23.95 / £30.95 |
| 10oz Gammon Steak<br>(Description needed here and is it a GF option?)                                                                        | £20.95          |
| 10oz Lamb Steak <span>GF</span><br>(Served with a mint yoghurt dip)                                                                          | £26.95          |
| Chargrilled Chicken Breast <span>GF</span><br>(Served plain, with garlic or Cajun spices)                                                    | £21.50          |
| Flame Grilled Captain's Table Burger<br>(6oz beef patty with onions, bacon & cheese in a bun)                                                | £19.95          |
| Chicken Burger Fillet<br>(Served with bacon, cheese, mayo & salad in a bun)                                                                  | £19.95          |

Served with salad garnish, coleslaw & choice of jacket, new potatoes, chips or salad.

FISH

|                                                  |        |
|--------------------------------------------------|--------|
| Traditional Fish & Chips in Homemade Beer Batter | £18.95 |
|--------------------------------------------------|--------|

SEE OUR DAILY FISH SPECIALS BOARD!

|                                                                                   |        |
|-----------------------------------------------------------------------------------|--------|
| Homemade Calamari<br>(Squid rings dusted & seasoned, fried & finished with aioli) | £18.95 |
| Traditional Scampi & Chips <span>GF</span>                                        | £17.50 |
| Salmon Fillet <span>GF</span><br>(Served in a dill and white wine sauce)          | £21.50 |

Served with salad garnish, coleslaw & choice of jacket, new potatoes, chips or salad.

KIDS MENU

|                                |                  |
|--------------------------------|------------------|
| Cod Bites                      |                  |
| Chicken Bites                  |                  |
| Half Baguettes - Ham or Cheese |                  |
| Pizza Baguettes                |                  |
| Scampi                         |                  |
| Sausage & Chips                | All Priced £7.95 |

EXTRAS

|                          |       |                                          |       |
|--------------------------|-------|------------------------------------------|-------|
| Garlic Bread             | £4.70 | Mushy Peas <span>GF</span>               | £3.50 |
| Garlic Bread with Cheese | £5.90 | Garlic Sauce <span>GF</span>             | £5.20 |
| Onion Rings              | £4.95 | Peppercorn Sauce <span>GF</span>         | £5.20 |
| Chips                    | £4.95 | Mushroom & Stilton Sauce <span>GF</span> | £5.20 |
| Bread                    | £2.95 | Poppadoms                                | 99p   |
| Coleslaw <span>GF</span> | £4.20 |                                          |       |

GF Gluten Free - these meals can be prepared as gluten-free dishes. Please note we are unable to serve chips, bread rolls, Cajun seasoning or salad dressing.

V Vegetarian

Please order and pay at the bar, it's Captain's orders!