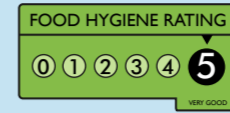


The Ocean

Café Bar Restaurant

From Breakfast to Bedtime and everything in between!

Here at our family run business we pride ourselves on using quality fresh produce and locally sourced meat and fish, to produce flavoursome traditionally inspired meals.



All our meals are freshly prepared using the best ingredients from local suppliers which include:

- The Welsh Seafood Co., Milford Haven
- Fred Hughes Family Butchers, Haverfordwest
- Dash Shellfish, Little Haven
- Pennsylvania Farm (Eggs), Crundale
- Preseli Gold Sausages, Fishguard

We are open every day 9am-9pm serving food all day with breakfast available until 12 noon. The Bar is open 11am until late.

Breakfast Menu

Served 9.00am-12noon - last orders 11.50am

Unfortunately we are unable to substitute items on this Breakfast and they may not be compiled from extra items.

The Ocean Full Breakfast Preseli Gold Sausage, Grilled Back Bacon, Free Range Eggs, Grilled Tomato, Black Pudding, Baked Beans, Mushrooms, Hash Browns, Choice of Toast or Fried Bread	£6.95
The Ocean Full Vegetarian Breakfast 2 x Free Range Eggs, Grilled Tomato, Baked Beans, Mushrooms, 2 x Hash Browns, Toast or Fried Bread	£6.95
Eggs Benedict 2 Poached Eggs, Hand Carved Ham, Hollandaise Sauce on Choice of Toast	£7.50
Scrambled, Poached or Fried Eggs on Choice of Toast	£3.50
Baked Beans on Choice of Toast	£3.50
Grilled Bacon Roll	£3.95
Preseli Gold Sausage Roll	£3.95
Grilled Bacon and Fried Egg Roll	£3.95
Preseli Gold Sausage and Fried Egg Roll	£3.95
Breakfast Baguette 2 x Bacon, 2 x Sausage, Fried Egg	£5.50
Hot Buttered Choice of Toast	£1.50

Cakes

Pembrokeshire Cream Tea:	
Scone with Butter, Clotted Cream and Jam and Tea	£4.95
Scone with Butter, Clotted Cream and Jam	£3.95
Pack of Biscuits	£0.50
Muffin Selection	from £2.50
Toasted Tea Cake	£2.50
Homemade Cake Slice	£3.50
Welsh Cakes	£0.50

Salads, Sandwiches, Jacket Potatoes and Baguettes

Available 12.00-5.00pm

Salads	
A Choice of Carved Ham, Cheddar Cheese or Tuna	£6.95
North Atlantic Prawns in Marie Rose Sauce	£7.95
Special Mixed Salad - Ham, Cheese and Tuna	£8.95
Local Crab	£9.95
Add a Jacket Potato with Butter	£3.95
Sandwiches	
Farmhouse White or Brown Bread	
A Choice fillings - Carved Ham, Cheddar Cheese or Tuna	£3.95
Chicken Tikka, Coronation Chicken, North Atlantic Prawns, Chicken and Bacon	£4.95
Local Crab	£8.50
Jacket Potatoes	
Served with a Salad Garnish	
A Choice of fillings - Carved Ham, Cheddar Cheese and Beans or Tuna	£5.95
Chicken Tikka, Coronation Chicken, North Atlantic Prawns, Chicken and Bacon	£6.95
Local Crab	£9.50
Baguettes	
A Choice of toppings -	
Carved Ham, Cheddar Cheese or Tuna	£5.95
Chicken Tikka, Coronation Chicken, North Atlantic Prawns, Chicken and Bacon	£6.95
Local Crab	£9.50

Daily Specials

Please see our Specials Board for something a little different.

To Start

Chef's Homemade Soup of the Day (v) with a Warm Bread Roll		£4.95
Jumbo Prawns Garlic Butter and Salad Garnish	Small	£5.95
Tempura Scallops	Large	£10.95
with Salad Garnish and Sweet Chilli Sauce		£6.95
Tenby Moules Mariniere Mussels with Garlic Bread		£10.50
Homemade Fishcakes with Sweet Chilli Sauce		£6.50
Vegetable Spring Rolls with Soy Sauce (v)		£4.95
Seafood Appetiser to Share		£13.95
Scallops, Jumbo Prawns, Mussels and Garlic Bread - (Sharing is Caring!)		
Smoked Duck & Bramble Sauce served with Salad		£6.50

Mains

Fresh Cod Fillet and Chips in Homemade Beer Batter with Chunky Chips		£10.95
The Famous Homemade Ocean Fish Pie Oven cooked fresh pieces of Cod, Salmon, Smoked Haddock and Jumbo Prawns with a Mashed Potato topping.		£11.95
10oz Homemade Gourmet Burger Chunky Chips, Burger Relish and Homemade Onion Rings in a Brioche Bun		£10.95
Ocean Chicken & Bacon Melt Succulent chicken breast wrapped in bacon and cheese in a BBQ sauce and served with Chunky Chips		£11.95
Homemade Special Curry of the Day With Naan Bread, Aromatic Pilau Rice and Mango Chutney		£10.95
Breaded Scampi Served with Fresh Salad and Chunky Chips		£9.50
Hand Carved Ham, Egg and Chips 2 fried Free Range Eggs and Chunky Chips		£8.95
8oz Grilled Welsh Rib Eye Steak Cooked to your liking with Grilled Tomato, Mushrooms and Chunky Chips		£19.50
Homemade Glamorgan Cheese Sausage (v) served with Chunky Chips and Fresh Salad		£9.95
Chicken and Bacon Fusilli (Twirls) with Garlic Bread		£10.95
Vegan Dish of the Day		£9.50

Please ask our servers about our vegan options.

Extras - All £3.00 each or 2 for £5.00

Chunky Chips, Cheesy Chips, Garlic Bread, Cheesy, Garlic Bread, Homemade Curry Sauce, Mushrooms, Mushy Peas, Mixed Fresh Salad, Homemade Onion Rings, Mashed Potato, Baked Beans, Seasonal Vegetables, Homemade Gravy, Homemade Peppercorn Sauce

Fish Specials

Pembrokeshire ½ Lobster with Jumbo Prawns Served with Garlic Potatoes and Fresh Vegetables		£23.50
Whole Sea Bass Fillets with Garlic Potatoes, Tomato Salsa and Fresh Vegetables		£18.50
Fresh Crab and Prawn Fusilli (Twirls) with Garlic Bread		£15.50
Catch of the Day Served with Garlic Potatoes and Fresh Vegetables		£??.??
Special Seafood Platter A very special Seafood Platter for sharing - Whole Lobster, Cod Fillets, Catch of the Day, Jumbo Prawns, Scallops, Mussels, Garlic Potatoes and fresh Vegetables		£65.00

Food Allergies

If you have any special dietary requirements or allergies please mention to our staff when ordering. Thank you.

We cannot be 100% sure all our meals are nut free.

Menu

Served from 12noon every day

For Kids

Fish Finger Sandwich & Chips	£5.95
Jumbo Hot Dog & Chips with Preseli Gold Sausage	£5.95
Chicken Nuggets, Chips and Beans	£5.95
Kids Scampi, Chips and Salad	£5.95
Kids Carved Ham, Egg and Chips	£5.95
Fusilli Bolognese	£5.95

Homemade Desserts

Bread and Butter Pudding	£5.95
Special Dessert of the Day	£5.95
Crème Brulee	£5.95
Cheesecake of the Day	£5.95
Hot Chocolate Fudge Cake	£5.95

All served with Fresh Fruit Slices, Cream or Ice Cream

Welsh Cheeseboard Selection to Share	£8.95
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Ice Creams

Choice of Award Winning Flavours by "Sub Zero" Pontypridd

Waffle Cone	£2.95	EXTRA SCOOP £0.50
Tub	£1.95	EXTRA SCOOP £0.50

Hot Drinks

	Drink In	Take Away
Americano	£2.60	£2.50
Espresso	£2.60	£2.50
White Filter	£2.60	£2.50
Flat White	£2.60	£2.50
Latte	£2.60	£2.50
Cappucino	£2.60	£2.50
Mocha	£2.60	£2.50
Mochacino	£2.60	£2.50
Hot Chocolate	£2.60	£2.50
Luxury Hot Chocolate	£3.20	£3.00
Hot White Chocolate	£2.60	£2.50
Pot of Tea for One	£1.50	£1.50
Pot of Tea for Two	£2.50	
Speciality Teas	£1.80	
Syrups	£0.30	

Cold Drinks

Large Orange Juice / Apple Juice	£2.50
Still Water	£1.20
Sparkling Water	£1.60
All Cans - Coke, Diet Coke	£1.00
Apple Tango, Orange Tango, TUP, Simply Fruity / Fruit Shoot	£1.00
Milk Shakes - Chocolate, Strawberry, Raspberry, topped with Cream or Ice Cream	£1.00

Fizz

Small Bottle of Prosecco	£5.50
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Traditional Sunday Roast Dinner

Served every Sunday from 12noon until 4pm

A choice of Starters, Mains and Desserts all individually priced can be eaten in the Cafe, Bar or Restaurant and booking is advisable.



PEMBROKESHIRE

