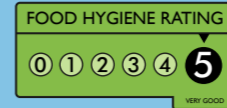


# The Ocean

## Café Bar Restaurant

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.

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



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

**TAKEAWAY Fish & Chips £9.95**

## 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** - Extra Items 50p

### The Ocean Full Vegetarian Breakfast

2 x Free Range Eggs, Grilled Tomato, Baked Beans, Mushrooms, 2 x Hash Browns, Choice of Toast or Fried Bread **£6.95**

### NEW! American Style Buttermilk Pancakes

With fruit compote, cream and a choice of sauces. **£4.95**

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	£7.95
North Atlantic Prawns in Marie Rose Sauce	£8.95
Special Mixed Salad - Ham, Cheese and Tuna	£9.95
Local Crab	£10.95
Add a Jacket Potato with Butter	£3.95

### Sandwiches

#### Thick Bloomer - White or Brown Bread with thick chunky chips

A Choice fillings - Carved Ham, Cheddar Cheese or Tuna	£5.95
Coronation Chicken, North Atlantic Prawns, Chicken and Bacon	£6.95
Local Crab	£10.50

### Jacket Potatoes *Served with a Salad Garnish*

A Choice of fillings - Carved Ham, Cheddar Cheese and Beans or Tuna	£6.95
Coronation Chicken, North Atlantic Prawns, Chicken and Bacon	£7.95
Local Crab	£10.50

### Baguettes

A Choice of toppings and served with thick chunky chips	
Carved Ham, Cheddar Cheese or Tuna	£7.95
Coronation Chicken, North Atlantic Prawns, Chicken and Bacon	£8.95
Local Crab	£11.50
Prawns, Chicken and Bacon	£6.95
Local Crab	£9.50

## Daily Specials

Please see our Specials Board for something a little different.

## To Start

<b>Chef's Homemade Soup of the Day (v)</b> with a Warm Bread Roll		
	Small	Large
<b>Jumbo Prawns</b> Garlic Butter and Salad Garnish	£5.95	£10.95
<b>Tempura Scallops</b> with Salad Garnish and Sweet Chilli Sauce	£6.95	£12.50
<b>Tenby Moules Mariniere</b> Mussels with Garlic Bread	£5.95	£10.50
<b>Homemade Fishcakes</b> with Sweet Chilli Sauce	£6.50	£11.50
<b>Seafood Appetiser to Share</b>		£13.95
Scallops, Jumbo Prawns, Mussels and Garlic Bread - (Sharing is Caring!)		
<b>Garlic Mushrooms</b> with Garlic Bread	£5.95	

## Mains

<b>Fresh Cod Fillet and Chips</b> in Homemade Beer Batter with Chunky Chips	£11.95
<b>The Famous Homemade Ocean Fish Pie</b> Oven cooked fresh pieces of Cod, Salmon, Smoked Haddock and Jumbo Prawns with a Mashed Potato topping.	£12.95
<b>10oz Homemade Gourmet Burger</b> Chunky Chips, Burger Relish and Homemade Onion Rings in a Brioche Bun	£12.95
<b>Ocean Chicken &amp; Bacon Melt</b> Succulent Chicken breast wrapped in Bacon and Cheese in a BBQ sauce and served with Chunky Chips	£10.95
<b>Homemade Special Curry of the Day</b> With Naan Bread, Aromatic Pilau Rice and Mango Chutney	£11.95
<b>Breaded Scampi</b> Served with Fresh Salad and Chunky Chips	£10.95
<b>Hand Carved Ham, Egg and Chips</b> 2 fried Free Range Eggs and Chunky Chips	£9.95
<b>8oz Grilled Welsh Rib Eye Steak</b> Cooked to your liking with Grilled Tomato, Mushrooms and Chunky Chips	£19.50
<b>Homemade Glamorgan Cheese Sausage (v)</b> served with Chunky Chips and Fresh Salad	£9.95
<b>Vegan Dish of the Day</b>	£9.50

Please ask our servers about our vegan options.

## Extras - All £3.00 each

Chunky Chips, Cheesey Chips, Garlic Bread, Cheesey 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

<b>Pembrokeshire ½ Lobster with Jumbo Prawns</b> Served with Garlic Potatoes and Fresh Vegetables	£23.50
<b>NEW! Salmon Fillet with Hollandaise Sauce</b> with Garlic Potatoes and Fresh Vegetables	£18.50
<b>Fresh Crab and Prawn Fusilli (Twirls)</b> served with Garlic Bread	£16.50
<b>Catch of the Day</b> Served with Garlic Potatoes and Fresh Vegetables	£???.??
<b>Special Seafood Platter</b> 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

## For Kids

<b>Fish Finger Sandwich &amp; Chips</b>	£5.95
<b>Jumbo Hot Dog &amp; Chips</b> with Preseli Gold Sausage	£5.95
<b>Chicken Nuggets, Chips and Beans</b>	£5.95
<b>Kids Scampi, Chips and Salad</b>	£5.95
<b>Kids Carved Ham, Egg and Chips</b>	£5.95

## 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

## Homemade Desserts

<b>Bread and Butter Pudding</b>	£5.95
<b>Special Dessert of the Day</b>	£5.95
<b>Crème Brulee</b>	£5.95
<b>Cheesecake of the Day</b>	£5.95
<b>Hot Chocolate Fudge Cake</b>	£5.95
<i>All served with Fresh Fruit Slices, Cream or Ice Cream</i>	
<b>Welsh Cheeseboard Selection to Share</b>	£8.95

## Kellys Ice Creams - Exclusive to Pembrokeshire

Choice of Award Winning Flavours		EXTRA SCOOP
<b>Waffle Cone or Tub</b>	£2.50	£1.00
<b>Special Sundae</b>	£4.95	

## Speciality Coffee and Dessert Wines available

## Our Drinks Menu

### Hot Drinks

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

### Cold Drinks

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

### Fizz

<b>Small Bottle of Prosecco</b>	£5.50
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Please see our full Wine List at the back of the menu.

Please help yourself to complimentary Tap Water and please ask our servers if you require water for your dogs.

Thank you.

## 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

