

COVE BAR & TERRACE MENU

STARTERS & LITE BITES

Mon - Fri 12 - 3pm / 6 - 8pm

Sat - Sun 12.30 - 3pm / 6 - 8pm

The Quay Rosemary and Sea Salt Focaccia with Balsamic Dipping Oil, for two (VG) £6.75	Olives and Pickles with Dipping Oil & Bread (VG) £7.95	Salt & Pepper Calamari with Chipotle Mayo £7.50	Homemade Soup of the Day with Accompaniments (V) £7.50	Spice Coated Lamb Koftas with Mini Naan Bread, Minted Yoghurt and Chutney £7.50	Crispy Belly Pork Bites with Chilli, Spring Onion & Hoi Sin Sauce £7.50	Homemade Chicken Liver & Orange Pate with Spiced Apple Chutney & Tan Lan Bread £9.95	Garlic & Lemon Marinated Chicken Tenders with Herb Aioli £8.00
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MAIN MEALS

Crispy Battered Cod, Hand Cut Chips, Salt and Vinegar Mushy Peas and Homemade Tartare Sauce £17.95	Vegetarian Risotto of the day with Focaccia Can be adapted to Vegan (may contain nuts) (V/VG) £15.50	Oven Baked Haddock topped with Spinach and Welsh Rarebit with Crushed New Potatoes, seasonal Greens and White Wine Sauce £17.95
Beef, Shallot and Roast Garlic Ragout in a rich Red Wine Sauce with Pappardelle Pasta, local Sourdough and Chilli oil Dressing £17.50	King Prawn and Salmon Teriyaki with Stir Fried Egg Noodles, Chilli and Spring Onion £17.95	Butter Pan Roast Calves' Liver, Roast Chanterney Carrots, Creamy Mashed Potato and Roast Onion Gravy £17.95
Bangladeshi Chicken Doi Murgi Curry with Basmati Rice, Naan Bread and Homemade Chutney (vegetarian option available) £16.95	Dolmeiner farm (Anglesey) burgers with bacon, lettuce, tomato, onion and Gruyere cheese melt served in a Tan Lan sourdough bap, served with Fries £17.95	Vegan Burger; Iceberg Lettuce, Tomato, Onion topped with Vegan Cheese, served in a Tan Lan Sourdough Bap, served with Fries £17.95
	Salt and Pepper Crispy Chicken Salad with a Ponzu Dressing and Steamed Soya Rice (vegetarian option available) £16.95	Seasonal Salad of the Day (please see your server)

SIDES

Hand Cut Chips £4.95	French Fries £4.95	Cheesy Garlic Bread £4.95
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SANDWICHES

Mon - Fri 12 - 3pm

Sat - Sun 12.30 - 3pm

Poached Salmon, Lemon & Dill Mayo & Cucumber on Tan Lan Bread £11.95	Grilled Goats' Cheese and Roast Beetroot served on local Sourdough with Roast Hazelnuts (N) £11.95	Avocado, Chilli & Lime Guacamole, Halloumi Fries on a Sourdough with a Poached Hen's Egg & Beetroot Glaze £11.25
Flat Iron Steak Sandwich topped with Onions and a Cashel Blue Cheese Mayo served on Ciabatta £16.95	Classic Fish Finger Sandwich on buttered White Tan Lan bread with a small side of Salt & Vinegar Mushy Peas & Tartare Sauce £12.95	The Quay.F.C. Barbecue Chicken Wrap; Crisp Chicken Fillet, Baby Gem, Plum Tomato with an Espresso BBQ Sauce served in a Tortilla Wrap £10.95

DESSERTS

Classic Sticky Toffee Pudding with Honeycomb and Vanilla Ice Cream £8.95	A selection of Parasella's Local Ice Creams £9.50	Cheesecake of the Day with Accompaniments £9.00	Award Winning Welsh & Irish Cheese with Accompaniments £11.95
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Please advise us of any dietary requirements when making your order. Please let us know if you have any allergies, we do make every effort to ensure there is no cross contamination, however most of our food types are prepared on site, so we cannot fully guarantee it. If you require any allergen information, please ask a member of our team.

V - Vegetarian N - Contains Nuts VG - Vegan