

# COVE BAR & TERRACE MENU

## STARTERS & LITE BITES

**Mon - Thurs** 12 - 3pm / 6 - 8pm **Fri** 12 - 3pm / 6 - 8:30pm **Sat** 12.30 - 3pm / 6 - 8:30pm **Sun** 12:30 - 3p/ 6 - 8pm

The Quay Rosemary and Sea Salt Focaccia with Balsamic Dipping Oil, for two (VG) <b>£6.75</b>	Olives and Pickles with Dipping Oil and Bread (VG) <b>£8.95</b>	Lemon, Garlic and Thyme Chicken Tenders with a Roast Garlic and Lime Aioli <b>£9.75</b>	Homemade <b>£7.95</b> Soup of the Day with Accompaniments (V)	Chilli, Garlic and Ginger King Prawns with Dipping Bread <b>£12.00</b>	Crispy Belly <b>£7.95</b> Pork Bites with Chilli, Spring Onion and Hoi Sin Sauce	Homemade <b>£9.95</b> Chicken Liver and Orange Pate with Spiced Apple Chutney & Tan Lan Bread	Cypriot Fried <b>£9.50</b> Halloumi Cheese with a Honey, Sumac and Sesame Dressing
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## MAIN MEALS

Crispy Battered Cod, Hand Cut Chips, Salt and Vinegar Mushy Peas and Homemade Tartare Sauce <b>£18.95</b>	Vegetarian Risotto of the Day with Focaccia. Can be adapted to Vegan (may contain nuts) (V/VG) <b>£16.50</b>	Oven Baked Haddock topped with Spinach and Welsh Rarebit with Crushed New Potatoes, Seasonal Greens and White Wine Sauce <b>£19.50</b>
Quay Special Slow Cooked Beef Cottage Pie with Creamy Mashed Potato, Chantenay Carrots & Greens <b>£19.95</b>	Smoked Haddock and Vegetable Chowder with Crispy Belly Pork, Poached Egg & Tan Lan Bread <b>£19.95</b>	Vegan Burger; Iceberg Lettuce, Tomato, Onion Topped with Vegan Cheese, Served in a Tan Lan Sourdough Bap, Served with Fries <b>£18.95</b>
Open Lasagne Layered with Seafood Fricassee Lightly Poached in a White Wine Sauce with Broccoli & Homemade Focaccia <b>£19.95</b>	Dolmeinig Farm (Anglesey) Burger with Bacon, Lettuce, Tomato, Onion and Cheese Melt Served in a Tan Lan Sourdough Bap, Fries <b>£18.95</b>	The Quay Salad of The Day (please see your server) P.O.A
	Chicken Cacciatore - Marinated Chicken Cooked in a Roast Tomato and Rosemary Sauce with Pilaf Rice & Crispy Kale <b>£17.95</b>	

## SIDES

Hand Cut Chips <b>£5.50</b>	French Fries <b>£5.50</b>	Cheesy Garlic Bread <b>£5.50</b>
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## SANDWICHES

**Mon - Fri** 12 - 3pm **Sat - Sun** 12.30 - 3pm

Poached Salmon, Lemon and Dill Mayo and Cucumber on Tan Lan Bread <b>£12.50</b>	Classic Fish Finger Sandwich on Ciabatta with a side of Salt & Vinegar Mushy Peas and Tartare Sauce <b>£14.50</b>	The Quay Sandwich of The Day (please see your server) P.O.A
The Quay.F.C. Barbecue Chicken Wrap; Crispy Chicken Fillet, Baby Gem, Plum Tomato with an Espresso BBQ Sauce served in a Tortilla Wrap <b>£11.50</b>	Avocado, Chilli & Lime Guacamole, Halloumi Fries on Sourdough with a Poached Hen's Egg Beetroot Glaze <b>£12.50</b>	

## DESSERTS

Classic Sticky Toffee Pudding with Honeycomb and Vanilla Ice Cream <b>£9.50</b>	A Selection of Award Winning Ice Creams <b>£ 9.50</b>	Cheesecake of the Day with Accompaniments <b>£9.50</b>	Award Winning Welsh and Irish Cheese with Accompaniments <b>£12.50</b>
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Please advise us of any dietary/ allergy requirements when making your order. 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. Additionally, please be advised, our fish may contain bones.

V- Vegetarian N- Contains Nuts VG- Vegan



THE  
COVE  
BAR