

THE
ROYAL OAK
— FISHGUARD —



MENU
FRESH FOOD | REAL ALE

FREE HOUSE



#ROYALOAKFISHGUARD

Starters

All starters are served with a dressed mixed leaf garnish

Seasonal Soup (v)(gfo)

(Please see specials board)

Crusty bread, butter £5.40

Salt & Pepper Squid

Sweet chilli dipping sauce £6.00

Honey Mustard Chicken Wings (gf)

Roasted pine nuts, crispy leaf £5.80

Potted Smoked Mackerel Pate (gfo)

Lemon zest, crusty bread £6.50

Garlic Mushroom Bruschetta (v)

Dressed rocket £6.00

Mains

Cumberland Sausage

Creamy mashed potato, seasonal vegetables, onion gravy £10.80

The Royal Oak Curry of the Week (veo)

Pilaf rice or chips, garlic & coriander naan bread, poppadum, mango chutney £11.00

Welsh Beef Lasagne

Dressed mixed leaf salad, garlic bread £12.00

Chicken Supreme

Sauté potatoes, seasonal vegetables, tarragon, mushroom & garlic sauce £13.95

Confit Belly pork

Roast root vegetables, caramelised plums, crackling, creamy garlic potatoes, welsh scrumpy jus £14.95

Welsh Glamorgan Sausages (v)

Creamy mashed potato, seasonal vegetables, white wine cream sauce £10.00

Spinach & Ricotta Tortellini (v)

Toasted pine nuts, sun dried tomatoes, basil pesto, parmesan £10.00

The Royal Oak Pie of the Day

Roast root vegetables, creamy mashed potato, onion gravy £11.95

Light Bites & Salads

Nachos (v)

Topped with 3 cheeses, chilli salsa, jalapenos, sour cream dip £7.50

Add spicy pulled pork £2.00

Welsh Lamb Cawl (gfo)

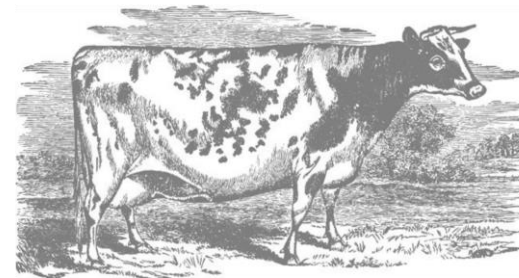
Cheddar cheese, crusty bread £8.95

Chargrilled Chicken Salad (gfo)

A whole cajun spiced chargrilled chicken breast, smoked crispy bacon, gem lettuce, tomatoes, cucumber, red onion, crispy croutons £10.00

Chargrilled Halloumi Salad (v) (gfo)

Halloumi, candied walnuts, gem lettuce, tomatoes, cucumber, red onion, crispy croutons £9.50



From the Grill

All of our steaks are sourced from local butcher Ken Davies, Crymych, and are aged for a minimum of 21 days

10 oz Welsh Sirloin Steak (gf)

Garlic & oregano roasted beef tomato, portobello mushroom, chips, house salad £19.00

12 oz Gammon Steak (gf)

2 fried eggs, peas, garlic & oregano roasted beef tomato, portobello mushroom, chips £15.00

Sauces

Peppercorn & Brandy (gf) £2.00

Creamy Blue Cheese (gf) £2.00

The Gourmet Burger Range

All of our burgers are served in a toasted brioche bap (except Thai Bean) with homemade coleslaw, chips & onion rings

The Royal Gourmet

A 6oz welsh beef burger, smoked bacon, cheddar cheese, lettuce, tomato, red onion, chef's sauce £11.50

The Flaming Chicken

A Cajun spiced chargrilled chicken breast, cheddar cheese, lettuce, tomato, red onion, mayonnaise £11.50

The Sticky Pig

Wild boar and chorizo burger, spicy BBQ pulled pork with jalapenos, cheddar cheese, lettuce, tomato, red onion £11.50

The Thai Bean (ve)

A spiced 5 bean burger, Asian slaw, vegan cheese, lettuce, tomato, red onion, pretzel burger bun £10.00



Sides & Nibbles

Portion of Chips £2.80 with cheese £3.30

Garlic Baguette £2.80 with cheese £3.30

Side Salad £3.00

Mixed Seasonal Vegetables £3.00

Onion Rings £3.00

Creamy Garlic Potatoes £3.50

Mixed Olives £2.50

(v) vegetarian (gf) gluten free (ve) vegan (veo) vegan option available
(gfo) gluten free option available – please ask at the bar

Some of these foods may contain nuts or other allergens please ask our staff for details.

To reserve a table please call us on 01348 218632 or email us at royaloakfishguard@hotmail.com

Seafood

“Jemima’s Pitchfork” Battered Cod (gfo)

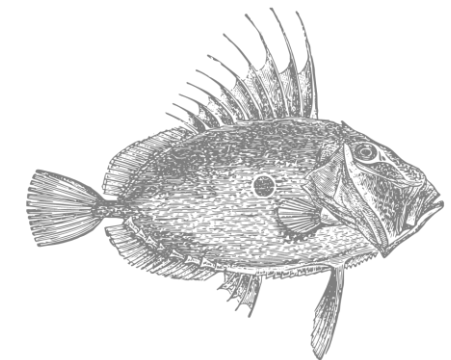
Mushy peas, chips, homemade tartar sauce £12.50

Traditional Scampi

Deep fried clusters of whole-tail breaded scampi, chips, garden peas, homemade tartar sauce £11.00

Cod, Salmon & Prawn Fish Pie (gf)

Topped with creamy mashed potato and cheese, served with seasonal vegetables & a lemon wedge £12.50



Children

All children's meals are served with chips or mash & a choice of peas, beans or salad (except spaghetti bolognaise and pasta with tomato sauce)

Cheese & Tomato Pizza £5.50

Sausages £5.50

Cod Bites £5.95

Cheese Burger £5.95

Chicken Goujons £5.95

Pasta, Tomato Sauce & Cheese £5.50

Spaghetti Bolognaise £5.95

Topped with grated cheese & garlic bread