

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

(Please see specials board)

Crusty bread & butter (v)(gfo) £6.00

### Lemon & Pepper Chicken Wings

Sour cream and chive dip & rocket garnish (gf) £6.00

### Salt & Pepper Squid

Mixed leaf & sweet chilli dipping sauce £6.50

### Potted Smoked Mackerel Pate

Lemon zest, mixed leaf & crusty bread (gfo) £6.50

### Baked Camembert

Crusty bread, celery & carrot sticks, tomato chutney (v) £7.50

## Mains

### Welsh Beef Lasagne

Dressed mixed leaf salad & garlic bread £14.50

### The Royal Oak Curry of the Week

Choice of pilaf rice or chips, garlic & coriander naan bread, poppadum & mango chutney (veo) £14.00

### Welsh Vegetarian Glamorgan Sausages

Creamy mashed potato, seasonal vegetables & creamy white wine & leek sauce (v) £13.00

### The Royal Oak Pie of The Day

Seasonal vegetables, Creamy mashed potato & onion gravy (ask at bar for details) £15.00

### Baked stuffed Pepper

Vegetable rice, sauté potatoes, creamy white wine & leek sauce (v) £14.00

### Pork & Apple Sausages

Seasonal vegetables, creamy mashed potato & onion gravy £13.50

### Chicken Supreme

Sauté potatoes, seasonal vegetables, creamy white wine & leek sauce £16.00

### Confit Belly pork

Roast root vegetables, caramelised plums, crackling, creamy mustard mash & welsh scrumpy jus £18.00

## Light Bites & Salads

### Chargrilled Chicken Salad

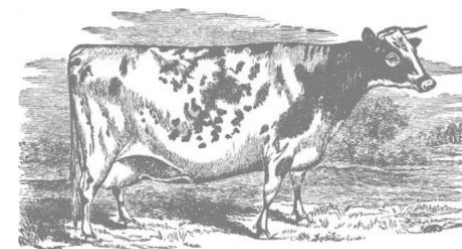
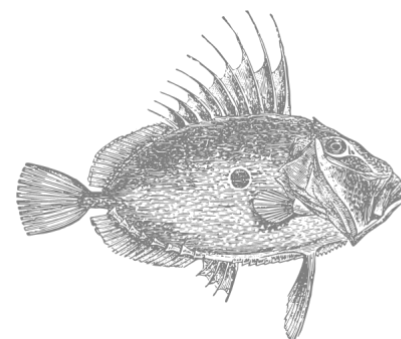
A whole Cajun spiced chargrilled chicken breast, smoked crispy bacon, gem lettuce, tomatoes, cucumber, red onion & crispy croutons (gfo) £11.00

### Chargrilled Halloumi Salad

Halloumi, candied walnuts, gem lettuce, tomatoes, cucumber, red onion & crispy croutons (v)(gfo) £11.00

### Welsh Lamb Cawl

A chunk of cheddar cheese & crusty bread (gfo) £10.00



## The Gourmet Burger Range

All of our burgers are served in a toasted brioche bap with homemade coleslaw, chips & onion rings

### The Royal Gourmet

6oz welsh beef burger, cheddar cheese, lettuce, tomato, red onion & chef's sauce £14.50

### The Flaming Chicken

Cajun spiced chargrilled chicken breast, cheddar cheese, lettuce, tomato, red onion & mayonnaise £14.50

### The Thai Bean

A spiced 5 bean burger, Asian slaw, vegan cheese, lettuce, tomato, red onion, pretzel burger bun (ve) £14.00

Add bacon for £1

Add jalapeños for £1

## Seafood

### “Jemima’s Pitchfork” Battered Cod

Mushy peas, chips & homemade tartare sauce (gfo) £14.50

### Traditional Scampi

Deep fried clusters of whole-tail breaded scampi, chips, garden peas & homemade tartare sauce £13.50

### Cod, Salmon & Prawn Fish Pie

Topped with creamy mashed potato & cheese, served with seasonal vegetables & a lemon wedge (gf) £15.00

## Sides & Nibbles

Portion of Chips £3.50 add cheese £4.00

Garlic Bread £3.50 add cheese £4.00

Mixed Seasonal Vegetables £4.00

Side Salad £4.00

Onion Rings £3.50

Coleslaw £2.00

(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](mailto:royaloakfishguard@hotmail.com)

## 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

Garlic & oregano roasted beef tomato, portobello mushroom, chips & house salad (gf) £26.00

### 12 oz Gammon Steak

2 fried eggs, peas, garlic & oregano roasted beef tomato, portobello mushroom & chips (gf) £16.00

## Sauces

Peppercorn & Brandy (gf) £3.00

Creamy White Wine & Leek (gf) £3.00

## Children

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

**Cheese & Tomato Pizza (v) £6.00**

**Sausages £6.00**

**Cod Bites £6.50**

**Cheeseburger £6.50**

**Chicken Goujons £6.50**

**Pasta, Tomato Sauce & Cheese £6.00**

**Spaghetti Bolognese £6.00**

Topped with grated cheese & garlic bread