

THE
ROYAL OAK
— FISHGUARD —

CIABATTA,
SANDWICH &
JACKET POTATO
MENU



Ciabattas

All ciabattas are served with coleslaw, dressed salad garnish & crisps.
(Only served between 12:00-14:30)

Minute Steak Ciabatta, caramelised onion, rocket,
wholegrain mustard mayo **£13.00**

Goats Cheese, roasted peppers, rocket, pesto mayo (v)
£10.50

Hot Toasted Ciabatta of the Week (ask for details) £10.50

Sandwiches

Choice of white or wholemeal bloomer. Served with coleslaw,
dressed salad garnish & crisps.

Gluten free bread available. (Only served between 12:00-14:30)

Cheddar Cheese & Onion (v) £8.00

Tuna Mayonnaise £8.50

Honey Roast Ham Salad £8.00

Jacket Potatoes

All jacket potatoes are served with coleslaw & dressed salad garnish
(Only served between 12:00-14:30)

Welsh Cheddar & Beans (v) £8.50

Tuna Mayonnaise £9.00

Honey Roast Ham & Cheddar £9.00

(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.