

THE
ROYAL OAK
— FISHGUARD —

CIABATTA,
SANDWICH &
JACKET POTATO
MENU



Ciabattas

All ciabattas are served with coleslaw, dressed salad garnish & crisps.
(Served between 12:00-15:00)

Minute Steak Ciabatta, caramelised onion, rocket,
wholegrain mustard mayo **£14.00**

Halloumi, roasted peppers, rocket, pesto mayo (v) **£12.50**

Hot Toasted Ciabatta of the Week (ask for details) **£11.50**

Sandwiches

Choice of white or wholemeal bloomer. Served with coleslaw,
dressed salad garnish & crisps.
Gluten free bread available. (Served between 12:00-15:00)

Cheddar Cheese & Onion (v) £8.00

Tuna Mayonnaise £8.50

Honey Roast Ham Salad £8.00

Chicken Tikka £8.50

Jacket Potatoes

All jacket potatoes are served with coleslaw & dressed salad garnish
(Served between 12:00-15:00)

Welsh Cheddar & Beans (v) £9.00

Tuna Mayonnaise £9.50

Honey Roast Ham & Cheddar £9.50

Chicken Tikka £9.50

(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.