

THE  
**ROYAL OAK**  
— FISHGUARD —



**MENU**

FRESH FOOD | REAL ALE

**FREE HOUSE**



#ROYALOAKFISHGUARD

## Starters

### Seasonal Soup

(Please see specials board)  
Crusty roll (v)(veo)(gfo) £7.00

### Yakitori Chicken Skewers

Pickled cucumber & chilli salad, ginger mayo £8.25

### Hot Smoked Peppered Mackerel Pate

House salad, crusty roll (gfo) £8.25

### Salt & Pepper Calamari

Spring onions, chilli & garlic dip £8.50

### Popcorn Halloumi Bites

Tomato relish, rocket (v)  
£8.00

## Mains

### Welsh Beef Lasagne

Dressed mixed leaf garnish, garlic bread £16.00

### Trio of Sausages

Pork & chorizo sausages, creamy mashed potato,  
roasted root vegetables, onion gravy £16.00

### Vegetarian Glamorgan Sausages

Creamy mashed potato, seasonal vegetables,  
creamy white wine cream sauce (v) £15.50

### Sticky Chinese Pork Belly

Ginger & garlic crushed potatoes, hoisin, chilli &  
spring onion, pak choi, five spice gravy (gf) £18.00

### Roasted Vegetable Tart

Roasted root vegetables, feta & mozzarella puff  
pastry tart, tomato & herb marinara sauce (v)  
£16.00

### The Royal Oak Curry of the Week

Pilau rice, garlic & coriander naan bread, poppadum,  
mango chutney (veo) £15.50  
Add chips £2.00

### Stuffed Chicken Supreme

Mozzarella, herbs & garlic, fennel & caper crushed  
potatoes, marinara sauce (gf) £17.50

### Pasta Peperonata

Chunky rigatoni, fire roasted peppers, tomatoes, red  
onions, parsley, mascarpone garlic sauce, garlic bread  
(v) £16.50

## Light Bites & Salads

### Classic Chicken Caesar Salad

Grilled chicken breast, streaky smoked bacon,  
baby gem, Caesar dressing, parmesan, croutons  
£15.00

### Winter Salad

Roasted beets, butternut squash, feta, red  
onions, lentils, house dressing (v)(gfo) £15.00

### Welsh Rarebit

Traditional Welsh rarebit on toasted bloomer  
bread, mixed leaf garnish, caramelised onion  
chutney (v) £14.00



## The Gourmet Burger Range

All of our burgers are served in a seeded brioche bun  
with coleslaw & chips

### The Royal Gourmet

6oz local steak mince burger, cheddar cheese,  
beef tomato, lettuce & red onion, chef's sauce  
£15.50

### Crispy Chicken

Crispy chicken breast, applewood cheddar,  
beef tomato, lettuce & red onion, sriracha  
mayo £15.50

### Bean Burger

Crispy garden bean burger, Asian slaw, vegan  
cheese, beef tomato, lettuce & red onion,  
vegan mayo, pretzel burger bun (ve) £15.50

Add bacon for £1.50

Add jalapeños for £1.00

## Sides & Nibbles

Portion of Chips £4.00 with cheese £4.50

Garlic Bread £4.00 with cheese £4.50

Mixed Seasonal Vegetables £4.50

Side Salad £4.00 Onion Rings £4.00

## Seafood

### “Jemima’s Pitchfork” Battered Cod

Chips, mushy peas, tartar sauce (gfo)  
£17.00

### Traditional Scampi

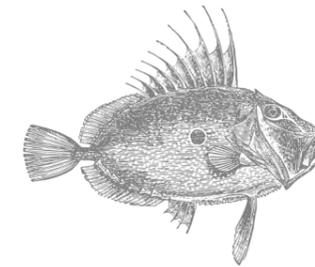
Chips, garden peas, tartar sauce £16.00

### Seafood Bouillabaisse

French style tomato stew, cod, salmon,  
prawns, mussels, garlic aioli, garlic bread  
£19.50

### Royal Oak Fish Pie

White fish, salmon, mussels & prawns,  
topped with creamy mashed potato &  
cheese. Served with seasonal  
vegetables, lemon wedge, crowned  
with a king prawn £18.00



## Royal Oak Dirty Fries/Nachos

### Mexican Loaded

Spicy Mexicana cheese, salsa, guacamole,  
sour cream, jalapeños, diced spring  
onions (v)(gfo) £13.50

### Pulled Pork Loaded

BBQ pulled pork, diced spring onions,  
cheese, topped with BBQ sauce (gfo)  
£13.50

(v) vegetarian (gf) gluten free (ve) vegan (veo) vegan option available (vo) vegetarian option  
(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

## 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 Lamb Steak

Garlic & oregano roasted tomato, flat mushroom,  
onion rings, chips (gfo) £28.00

### 10 oz Welsh Sirloin Steak

Garlic & oregano roasted tomato, flat mushroom,  
onion rings, chips (gfo) £28.00

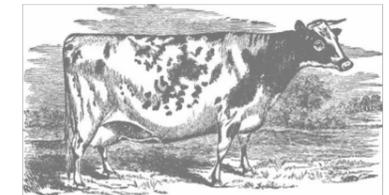
### 12oz Gammon Steak

2 fried eggs, grilled pineapple, garden peas, chips  
(gf) £18.50

## Sauces

Peppercorn & Brandy sauce (gf) £3.50

Mushroom Diane sauce (gf) £3.50



## Children

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

**Cheese & Tomato Pizza (v) £6.50**

**Sausages £7.50**

**Cod Bites £8.00**

**Cheeseburger £8.00**

**Chicken Chunks £7.50**

**Pasta Bolognaise £7.00**

Topped with grated cheese & garlic bread