

## Kids Meals

All kids meals served with a choice of Chips or New Potatoes,  
Salad Garnish (Baked Beans / Garden Peas available)

5" Cheese & Tomato Pizza (v)

Jumbo Fish Finger

Chicken Nuggets

Spaghetti Bolognese

Mac n' Cheese (v)

Pork Sausages

Sliced Butcher's Ham **All £7.50**

Kids Burger: 4oz Chargrilled Burger,  
with or without Cheese (no upgrade - sorry!) **£10**

## Extras

Sourdough Roll (v) **£3.00**

Garlic Sourdough (v) **£4.00**

Extra Cheese (v) **£1.70**

Bowl of Chips (v) **£3.80**

Onion Rings (v) **£4.00**

Mixed Salad (v) (vg) **£4.50**

Peppercorn & Brandy Cream **£3.75**

Garlic & Herb Butter (v) **£3.30**

## Fries & Wings

### Halloumi Fries

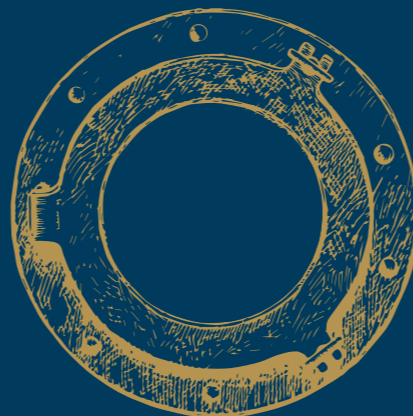
Sriracha Mayo (v) **£9.00**

### Dirty Hash Browns

Chorizo, Parmesan, Garlic Mayo, Hot Sauce,  
Fresh Herbs & Spring Onion **£10.00**

### Chicken Wings

In Buffalo Hot Sauce (spicy), Blue Cheese Dip  
or Lemon, Pepper-Seasoned &  
Ranch Dressing **£10.00**



# Hope & Anchor



### ALLERGEN INFORMATION

Please ask your server about any allergens or  
dietary requirements that you have when  
placing your order. Thank you.

# Menu

## Hope & Anchor

Tel: 01834 842131 • [f](#) [ig](#) @thehopeandanchortenby  
Hope & Anchor, St Julian Street, Tenby, Pembrokeshire SA70 7AX

## Sandwiches

Served on Malted or White Bloomer

Ham, Dill Pickle, Yellow Mustard **£10.50**

Sweet Potato Falafel, Mint Yoghurt,  
Lettuce & Tomato (v) **£10.50**

Harbwr Brewery Beer Battered Fish Goujons,  
Tartare Sauce, Lettuce, Mushy Peas **£12.00**

Grated Mature Cheddar, Red Onion, Pickle (v) **£9.50**

Creamy Tuna Mayo, Cucumber **£10.50**

'Salt + Smoke' Smoked Salmon, Herby Cream Cheese **£12.00**

\* All with Salad Garnish & Skin-On Fries

Please ask a member  
of staff for  
Today's Specials!

## Main Meals

### Pembrokeshire Beef Burger

2 x 4oz Beef Patties, Double Cheese,  
Bacon, Lettuce & Tomato **£16.95**

\* Add extra Patty **£3.00**

### 10oz Landsker Beef Rump

Grilled Tomato, Mushrooms,  
Beer-Battered Onion Rings **£20.95**

### 10oz Gammon Steak

Pineapple, Beer-Battered Onion Rings,  
Salad Garnish **£18.50**

\* Add 4 Tiger Prawns (cooked in a Garlic, Lemon & Herb Butter)  
to your Steak or Gammon **£8.50**

## House Specials



Choice of:



### Mussels

- Classic Marinere - White Wine, Garlic,  
Cream and Samphire **or**
- Bacon, Cider, Cream & Fresh Herbs **£22.00**

### Fish Pie

Cod, King Prawns, 'Salt + Smoke' Smoked Salmon, all bound in  
Lavabread, Bechamel Sauce, topped with warm Mash **£20.95**

### Pie of the Day

Please ask for today's choice. Served with Tenderstem Broccoli  
& choice of Potatoes **£19.50**

### Oven-Baked Cod Fillet Curry

Kerala-style Coconut Curry, Wilted Greens, Basmati Rice,  
Fresh Lime & Coriander **£21.50**

## Main Meals

### Oven-Baked Garlic & Herb Chicken Breast

Garlic & Herb Butter **£18.50**

### Marinated Chicken Breast in Cajun Spices

Mint Mayo, Hot Sauce, Salad Garnish **£18.50**

### Whole-Tail Scampi

Served with Chips, Mushy Peas & Tartare Sauce **£16.95**

### Harbwr Brewery Beer Battered Fish

Served with Chips, Mushy Peas & Tartare Sauce **£16.95**

### Large Shell-On Prawns

Pan-fried in a Garlic, Lemon & Herb Butter, Full Salad **£18.50**

\* All main meals above served with choice of New Potatoes, Jacket Potato or Skin-On Fries

## Tacos

Served in flour Tortillas with House Slaw,  
Pickled Red Onion, Coriander, Lime,  
Garlic Mayo, Hot Sauce

Pan-Fried Prawns in Garlic & Chilli Butter **£16.00**

Harbwr Brewery Beer-Battered Fish **£18.00**

Chargrilled Peppered Beef **£15.50**

Roasted Sweet Potato, Wood Mushrooms  
& Feta Cheese (v) (vg - no cheese) **£15.00**

## Jackets

Fresh baked Jacket Potato with choice of filling

Tuna Mayo **£11.00**

Mature Cheddar & Beans **£10.50**

Prawn and Marie Rose sauce **£12.00**

Butcher's Ham & Cheese **£11.00**

Falafel & Mint Yoghurt (v) (vg) **£11.00**

## Main Meals

### Kerala-Style Tofu & Veg Curry

Tofu & Mixed Greens in an aromatic Coconut & Coriander Broth,  
Basmati Wild Rice & Fresh Lime (vg) **£18.00**

### Gluten-Free Penne Pasta

In a creamy Mushroom, Spinach and Garlic sauce, Parmesan Cheese  
& Truffle Oil (v) (gf) **£18.00**

### Ploughman's

Welsh Perl Las, Cheddar, Onion Jam, Sourdough Roll, Pickles  
& Salad (v) **£17.50** \*Add sliced Butcher's Ham **£3.50**

### Cajun-Spiced Grilled Halloumi

Blushed Tomatoes, Olives, Garlic Croutons, Mixed Leaf Salad (v) **£17.00**

(v) - vegetarian (vg) - vegan (gf) - gluten-free