



STARTERS

CAESAR SALAD

chicken salad fritter, Caesar dressing, lettuce purée 7.5

PENDERYN CURED SALMON

treacle soda bread, lemon, cucumber & dill mayonnaise 8.0

WYE VALLEY ASPARAGUS (v)

asparagus risotto, Kalamata crumb, confit tomato, toasted pine nuts 8.0

KITCHEN MADE SOUP (v)

crusty bread, salted butter 6.0

MOULES MARINIÈRE

white wine, herb & garlic cream, crusty bread 8.0

SPICY KING PRAWNS

spiced prawns, coconut & chilli cream, coriander oil 8.5

ROASTED CAULIFLOWER (v)

apple & raisin, Welsh Cheddar cheese, rapeseed oil 7.5

EARL GREY SMOKED DUCK SALAD

smoked duck, poached and puréed rhubarb, pickled radish, walnut granola 8.5

WELSH LAMB FLATBREAD

marinated lamb loin, harissa & rosemary cous cous, mint yoghurt 8.5

PAN FRIED SCALLOPS

crispy Carmarthen ham, pink grapefruit, tarragon 10.0

MAINS

CLASSIC FISH & CHIPS

beer battered haddock, chunky chips, pea purée, tartare sauce 12.5

CHICKEN SUPREME

chestnut mushrooms, asparagus, truffle mash, peas & beans, wild garlic sauce 14.5

MOULES MARINIÈRE

white wine, herb & garlic cream, crusty bread, skinny fries 15.0

SPICED HAKE FILLET

baked hake, Roscoff onion sauce, shiitake mushroom, samphire, saffron potatoes 14.5

PORK BELLY ROULADE

sage & onion roasted potatoes, anise purée, rainbow carrots, tenderstem broccoli 14.0

SEAFOOD LINGUINI

salmon & prawn linguini, lemon & herb gremolata, roquito butter 15.5

PEMBROKESHIRE LAMB

rump, chop & faggot, mash, farmhouse cabbage, vine tomato & onion crisps, rosemary & garlic gravy 17.0

STEAK BURGER

smoked bacon, Cheddar cheese glaze, brioche bun, house relish, slaw, chunky chips OR skinny fries 13.5

FLAME GRILLED MINUTE STEAK

skinny fries, house salad, relish 13.5

21 DAY AGED STEAKS

10oz Rib eye
22.5

8oz Fillet
27.5

HBK unique steak rub, roasted balsamic tomatoes, portobello mushroom, pea shoots, chunky chips OR skinny fries, choice of red wine OR peppercorn sauce

WELSH CHEDDAR (v)

Cheddar cheese, leek & chive donuts, vegetable cawl nage, crispy kale 12.5

VEGETARIAN BURGER (v)

lightly spiced cauliflower & Perl Las burger, crunchy walnuts, chunky chips OR skinny fries 12.5

VEGAN ROAST (ve)

Marmite roasted potatoes, fennel, heritage carrots, watercress sauce, flaked almonds 12.5

CHICKEN BURGER

butter milk cajun chicken burger, spiced mayonnaise, cheese, bacon, brioche bun, slaw, chunky chips OR skinny fries 13.5

DELICE OF SALMON

chorizo sausage, new potatoes, baby gem lettuce, button onions, smoked pancetta cream 15.5

BREAST OF DUCK

honey soaked duck breast, sautéed greens, sweet chilli arancini, burnt coconut 15.5

FILLET OF SEA BASS

Jersey Royals, tomato confit, grilled spring onion, orange & basil sauce vierge 17.5

JACOB'S LADDER

slow braised BBQ beef short rib, sweet potato fries, roasted baby corn, bell peppers 22.5

PARMA HAM SALAD

Parma ham, rocket, heritage tomato, garlic crouton, garlic & basil pesto 13.5

GOAT'S CHEESE SALAD (v)

goat's cheese, beetroot salad, walnut crumb, caramelised onion, balsamic dressing 12.5

SIDES

ROASTED GARLIC BABY POTATOES 2.5

CRUSTY BREAD, BALSAMIC & OLIVE OIL 3.5

GARLIC & PARMESAN CIABATTA 3.5

SALAD BOWL 3.0

SWEET POTATO FRIES 3.0

SKINNY FRIES 3.0

CHUNKY CHIPS 3.0

SUMMER VEGETABLES 3.0

SAUTÉED CHILLI GREENS 3.5

PEPPERCORN SAUCE 2.0

RED WINE SAUCE 2.0

AFTERS

CHEESE FROM THE AREA

fresh fruit, chutney, biscuits 7.5

ORANGE POLENTA CAKE

tangy orange cake, blood orange curd Terry's chocolate orange sorbet 6.5

ICED MANGO PARFAIT

mango parfait, coconut cream, rum & raisin cookie 6.5

WHITE CHOCOLATE TORTE

white chocolate & raspberries, lemon meringue tuile 7.5

GRANNY HILDA'S BRIOCHE BREAD & BUTTER PUDDING

apricot glaze & creamy custard 6.5

WHITLEY NEILL PANA COTTA

rhubarb & ginger gin flavoured pana cotta, rhubarb jelly & gel, gingerbread ice cream 7.0

APPLE & DATE CRUMBLE

sticky apple & date, macadamia nut crumble, caramel custard 6.0

SHARING CHEESE BOARD PLATTER

fresh fruit, celery, chutney, assortment of biscuits 12.0



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All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please advise a member of staff to liaise with the chefs before ordering. Dishes containing fish may contain small bones. (v) = made with vegetarian ingredients. All prices include VAT at the current rate. Licensing hours apply. Please note this menu is not available on Sundays.

Harbour Bar & Kitchen, Unit 1, Jennings Building, Porthcawl, CF36 3YR.
www.harbourbarandkitchen.co.uk