



STARTERS

PERL LAS FRITTER (v)

Perl Las & sweet potato, red onion marmalade, grain mustard vinaigrette 7.5

SMOKED CHICKEN

smoked chicken & peach salad, pickled raspberry, goats curd & granola 8.5

CHARRED 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 8.5

STICKY KING PRAWNS

acacia honey & chilli, flash fried greens & black garlic cream 8.5

PORK BELLY

crisp pork belly, satay sauce, roasted pineapple salsa 8.0

SALMON GRAVLAX

citrus cured fillet, tequila & lime sorbet, cucumber ribbons & gel 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, charred leek purée 14.5

SPICED HAKE FILLET

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

TRUFFLE CARBONARA

Tuscan salami, black truffle, oyster mushroom 14.5

SEA BASS

sea bass fillet, celeriac & potato purée, smoky bacon, green beans, chicory & red wine sauce 17.5

LAMB RUMP

rump of Welsh lamb, cauliflower cous cous, cavolo nero, fondant potato, rosemary jus 17.0

WELSH CHEDDAR (v)

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

STEAK BURGER

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

MOULES MARINIÈRE

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

WELSH 21 DAY AGED STEAKS

10oz Rib eye 23.5 7oz Fillet 28.5

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

FLAME GRILLED MINUTE STEAK

skinny fries, house salad, relish 13.5

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

KING PRAWN LINGUINI

prawn & chorizo linguini, lime & chilli butter, fresh basil 15.5

BEEF SHORT RIB

BBQ rib, maple glazed carrots, mac 'n' cheese, BBQ sauce 22.5

DELICE OF SALMON

Jersey Royals, tomato confit, grilled spring onion, orange & basil sauce vierge 15.5

HALIBUT FILLET

warm tartare sauce, Pembroke potatoes, tenderstem broccoli, confit lemon 22.5

CHICKEN BURGER

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

PARMA HAM SALAD

Parma ham, rocket, heritage tomato, garlic crouton, garlic & basil pesto 14.0

GOAT'S CHEESE SALAD (v)

goat's cheese, beetroot salad, walnut crumb, caramelised onion, balsamic dressing 14.0

SIDES

CRUSTY BREAD, BALSAMIC & OLIVE OIL 3.5

GARLIC & PARMESAN CIABATTA 3.5

SALAD BOWL 3.0

SKINNY FRIES 3.0

CHUNKY CHIPS 3.0

ROASTED GARLIC BABY POTATOES 2.5

SUMMER VEGETABLES 3.0

SAUTÉED CHILLI GREENS 3.5

PEPPERCORN SAUCE 2.0

AFTERS

CHEESE FROM THE AREA

fresh fruit, chutney, biscuits 7.5

POLENTA CAKE

tangy orange cake, blood orange sorbet & curd 6.5

STRAWBERRY & PROSECCO

strawberry & prosecco jelly, vanilla cream, lemon & tarragon meringue 6.5

CHOCOLATE TORTE

dark chocolate, salted caramel, banana ice cream, pistachio brittle 7.5

GRANNY HILDA'S BRIOCHE BREAD & BUTTER PUDDING

apricot glaze & creamy custard 6.5

JJ WHITLEY PANNA COTTA

parma violet panna cotta, blueberry syrup & white chocolate granita 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