Main Menu

Lunch time menu
served 12 - 3

Smoked bacon, fresh lettuce, tomato sandwich (BLT) 13

Chicken fillet, lemon mayo, lettuce, sandwich 14

Welsh cheddar cheese and chutney sandwich, fresh salad, (v) 13

Fresh cod finger sandwich, lettuce, tartare sauce 14

Homemade soup and sandwich, any sandwich from our menu above 16

Roasted chicken & crispy bacon salad, fresh lettuce, tomato, onion, peppers 16

Sandwiches are served in malted bread, salad, slaw, crisps. **upgrade fries** - 2.50

(Gluten free bread available on request)

Appetisers

Locally baked Welsh ciabatta bread, Welsh butter & oils (v) 8

Garlic bread starter, ciabatta toasted in our homemade garlic butter 8

Starters

Homemade soup of the day, Welsh ciabatta bread, Welsh butter (v) 9

Nachos topped with cheddar cheese, tomato salsa, sour cream, guacamole 9

Add beef chilli 4

Mini shredded duck bonbons, with a plum dripping sauce 10

Pan fried creamy garlic mushrooms, on toasted bread (v) 9

Toasted bruschetta, red onion, tomato, fresh basil (v) 9

Mushroom and blue cheese arancini in a tomato and Italian herb ragu 10

Pub classics...

Homemade Welsh beef lasagna, garlic bread, potato option 19

Wholetail breaded scampi, tartar sauce, potato option 18

Hunters chicken, barbecue sauce, melted cheddar cheese, bacon 18

Homemade chicken curry of the day, pilau rice, poppadom, mango chutney 18

add fries 2

Fresh cod fillet in our beer batter, garden peas, tartar sauce 19

Beef chilli nachos, pilau rice, fries, sour cream, guacamole 18

Pie of the day, mixed seasonal vegetables, gravy (see special board for today's pie) 18

All meals are served with a potato option - Fries, New potatoes, garlic potatoes or salad.

Upgrade to sweet potato fries for 2.50

Kids meals...

Chilli beef nachos, pilau rice, fries (Vegetarian option available) 10

Fresh battered cod, fries 12

Wholetail Scampi, fries 9

Beef burger, fries (add cheese £1) 9

100% Chicken nuggets, fries 10

Large fishfinger, fries 9

All served with peas or baked beans

Mexican Street food...

Loaded Dirty fries.
Our delicious house fries with your choice, topped with crispy onions, sriracha mayo, spring onions. Choose your topping, 19

- **Beef chilli**
- **Chipotle chicken**
- **Mixed bean & vegetable chilli (v)**

Sizzling fajitas board.
Cooked to order in our special mixed spices, peppers, onions with grated cheese, sour cream, guacamole, tomato salsa and soft tortillas, Choose from... 23

- **Beef steak strips**
- **Chicken breast strips**
- **Grilled vegetables (v)**

Hanging Kebabs
Marinated chicken breast with peppers and onions topped with Thai chilli and basil with seasoned fries and naan bread 21

The Mexican Sharer, fajita and hanging kebabs
Marinated chicken kebab with our sizzling beef fajita and our loaded fries, naan bread, wraps 55

House cuts steaks...

Our steaks are sourced from the best farms in Pembrokeshire, right to your plate.

Steaks served with grilled vine tomato, mushrooms, onion rings & potato choice.

7oz Pembrokeshire Fillet with all the trimmings 37

10oz Pembrokeshire Ribeye with all the trimmings 31

Peppercorn & brandy sauce 4 - **white wine & garlic sauce** 4

The grill

Thick cut Gammon steak, pineapple, fresh fried egg & peas 18

The Boars Head gourmet burger, 100% juicy Welsh beef burger, bacon, melted cheese, gherkin, mustard mayo in a seeded brioche bun 19

Vegetarian

Aromatic broad bean & spinach burger, lettuce, tomato, lemon and herb mayo, brioche bun (v) 17

Homemade vegetable curry, pilau rice, poppadum, mango chutney (v) 18

add chips 2

Vegetable bake, mixed vegetables, and homemade vegan gravy (v) 17

Mixed bean & vegetable chilli, pilau rice, fries, guacamole (v) 17

All meals are served with a potato option, Fries, New potatoes, garlic potatoes. Or salad unless stated otherwise,

Upgrade to sweet potato fries for 3

The Side's

Seasonal vegetables 4.5 **New potatoes** 4
Garlic potatoes 5 **Fries** 4 **Slaw** 4 **Garlic Bread** 6
Garden Peas 3.5 **Sweet potatoes fries** 6 **Onion rings** 6

Always inform your server of any allergies or intolerances before placing your order. All our food is prepared and presented with the utmost of care to the highest standard using fresh locally sourced ingredients,

We cannot guarantee the total absence of allergens. A signed Allergies safety declaration will need signing.

General Manager – Gemma Hornsby
Head Chef – Adam Lewis

Our local suppliers
Andrew Rees - butchers, Narberth. Upton Farm - Local produce suppliers, Pembroke Dock. Castell Howell - Wholesalers, Cross-hands. Celtic foods wholesaler, Pembroke Arthur Davies – veg suppler Arthur David - veg supplier

SCAN ME

Have an allergy or intolerance...

No problem! Before you order head to **linktr.ee/Theboarsheadpembs** or **scan the QR code** for allergen information. Please let us know when you order too, even if you've had the dish before. Paper copies available on request.

We cannot guarantee the total absence of any allergens...