



THE  
CAREW  
INN

# Lunchtime Menu

## Freshly Made Deli Rolls

Rump Steak, Onions & Mushrooms	£14
Cajun Chicken	£11
Bacon Cheese & Tomato	£11
Ham & Cheese	£11
Ham & Coleslaw	£10
Prawns & Marie Rose Sauce	£13
Tuna Mayo & Spring Onion	£10
Vegan Cheese & Beetroot	£9

*All our deli rolls are served with crisps & salad garnish*

## Ploughman's Lunches

Ham Or Cheese	£12
Ham & Cheese	£14
<i>Chips £4</i>	



## Light Bites

<b>Salt &amp; Chilli Chicken Wings</b> with a bbq sauce	£8.75
<b>Deep Fried Whitebait</b> with tartar sauce	£8.50
<b>Halloumi Fries</b> with a sweet chilli dip <i>V</i>	£8
<b>Panko Squid Rings</b> with garlic mayo	£8.75
<b>Nachos</b> with melted cheese, vegan chilli & sour cream <i>V</i>	£8.50

*add homemade chips to above for £4*

## Salads

<b>Prawn &amp; Marie Rose</b> <i>GF</i>	£17
Juicy prawns coated in Marie Rose sauce with a fresh mixed salad & a side of coleslaw	
<b>Stilton &amp; Bacon</b> <i>GF</i>	£17
Warm bacon, chunks of Stilton on a fresh mixed salad & a side of coleslaw	
<b>Caesar Salad</b> <i>GFO</i>	£15
Chicken breast, salad leaves, Parmesan cheese, croutons & Caesar dressing	

## Favourites

<b>The Carew Inn Burger</b> <i>GFO</i>	£17
6oz beef burger, or succulent Cajun chicken breast, topped with cheese, salad & pulled pork	
<b>The Halloumi Burger</b> <i>V GFO</i>	£16
griddled halloumi & salad	
<b>Mexican Wave Burger</b> <i>VE GFO</i>	£15
Made of pea protein, vegetables, fruit juices, herbs & spices. <i>(Vegan cheese Add £1)</i>	
<i>All burgers served with caramelised onions, homemade chips &amp; coleslaw.</i>	
<b>Tenby Harbwr Beer Battered Hake &amp; Homemade Chips</b>	£17
Served with mushy or garden peas & tartar sauce	
<b>Scampi &amp; Homemade Chips</b>	£16.50
Served with garden peas & tartar sauce	
<b>Seafood Basket &amp; Homemade Chips</b>	£17.50
Calamari rings, salt & pepper squid, cod bites & prawns with sweet chilli & tartar dips	
<b>Ham, Two Eggs &amp; Homemade Chips</b> <i>GF</i>	£13.50
<b>Homemade Beef Or Vegetable Lasagne</b>	£16.50
With salad & garlic bread or chips	
<b>Steak, Mushroom &amp; Ale Pie</b>	£16.50
With homemade chips, gravy & seasonal vegetables	
<b>Chicken Tikka Masala</b> <i>GF</i>	£16.50
Garnished with natural yogurt & fresh coriander & served with a poppodom, rice, chips or 1/2 & 1/2	
<b>Vegan Three Bean Chilli</b> <i>VE GF</i>	£16
Served with rice, homemade chips or 1/2 & 1/2	
<b>Penang Curry</b> <i>VE GF</i>	£16
Aromatic gluten free coconut sauce, with cauliflower, green beans, mangetout & peppers. Served with a poppodom, rice, chips or 1/2 & 1/2	

## Sides

<b>Homemade Chips</b>	£4.00	<b>Garlic Bread</b>	£4.95	<b>Onion Rings</b>	£4.50
<b>Coleslaw</b>	£3.00	<b>Cheesy Garlic Bread</b>	£5.95	<b>Side Salad</b>	£3.50
<b>Cheesy Chips</b>	£5.95				

*V* Vegetarian *VE* Vegan *GF* Gluten Free *GFO* Gluten Free Option