



THE
**CAREW
INN**

Lunchtime Menu

Freshly Made Deli Rolls

Rump Steak, Onions & Mushrooms	£14
Cajun Chicken	£13
Bacon Cheese & Tomato	£13
Ham & Cheese	£12
Ham & Coleslaw	£12
Prawns & Marie Rose Sauce	£14
Tuna Mayo & Spring Onion	£10
Vegan Cheese & Beetroot	£10

All our deli rolls are served with crisps & salad garnish

Ploughman's Lunches

Ham Or Cheese	£13
Ham & Cheese	£15
Chips	£4



Light Bites

Salt & Chilli Chicken Wings with a bbq sauce	£9.50
Deep Fried Whitebait with tartar sauce	£9.50
Halloumi Fries with a sweet chilli dip V	£8.95
Panko Squid Rings with garlic mayo	£9.50
Nachos with melted cheese, vegan chilli & sour cream V	£9.95

add homemade chips to above for £4

Salads

Prawn & Marie Rose GF	£17
Juicy prawns coated in Marie Rose sauce with a fresh mixed salad & a side of coleslaw	
Stilton & Bacon GF	£17
Warm bacon, chunks of Stilton on a fresh mixed salad & a side of coleslaw	
Caesar Salad GFO	£16
Chicken breast, salad leaves, Parmesan cheese, croutons & Caesar dressing	

Favourites

The Carew Inn Burger GFO	£18
6oz beef burger, or succulent Cajun chicken breast, topped with cheese, salad & pulled pork	
The Halloumi Burger V GFO	£17
griddled halloumi & salad	
Mexican Wave Burger VE GFO	£17
Made of pea protein, vegetables, fruit juices, herbs & spices. (Vegan cheese Add £1) <i>All burgers served with caramelised onions, homemade chips & coleslaw.</i>	
Tenby Harbwr Beer Battered Fish & Homemade Chips	£18
Served with mushy or garden peas & tartar sauce	
Scampi & Homemade Chips	£17
Served with garden peas & tartar sauce	
Seafood Basket & Homemade Chips	£19
Calamari rings, salt & pepper squid, cod bites & prawns with sweet chilli & tartar dips	
Ham, Two Eggs & Homemade Chips GF	£14
Homemade Beef Or Vegetable Lasagne	£17
With salad & garlic bread or chips	
Steak, Mushroom & Ale Pie	£17
With homemade chips, gravy & seasonal vegetables	
Chicken Tikka Masala GF	£17
Garnished with natural yogurt & fresh coriander & served with a poppadom, rice, chips or 1/2 & 1/2	
Vegan Three Bean Chilli VE GF	£16
Served with rice, homemade chips or 1/2 & 1/2	
Penang Curry VE GF	£17
Aromatic gluten free coconut sauce, with cauliflower, green beans, mangetout & peppers. Served with a poppadom, rice, chips or 1/2 & 1/2	

Sides

Homemade Chips	£4.00	Garlic Bread	£4.95	Onion Rings	£4.95
Coleslaw	£3.00	Cheesy Garlic Bread	£5.95	Side Salad	£4.50
Cheesy Chips	£5.95				

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