



THE
CAREW
INN

Lunchtime Menu

Freshly Made Deli Rolls

Rump Steak, Onions & Mushrooms	£15
Cajun Chicken	£14
Bacon Cheese & Tomato	£14
Ham & Cheese	£12
Ham & Coleslaw	£12
Prawns & Marie Rose Sauce	£14
Tuna Mayo & Spring Onion	£10
Vegan OR Cheddar Cheese & Beetroot	£10

All our deli rolls are served with crisps & salad garnish

Ploughman's Lunches

Ham OR Cheese	£14
Ham & Cheese	£16
Chips £4.50	

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 <i>V</i>	£8.95
Panko Squid Rings with garlic mayo	£9.50
Nachos with melted cheese, vegan chilli & sour cream <i>V</i>	£9.95

add homemade chips to above for £4

Salads

Prawn & Marie Rose <i>GF</i>	£18
Juicy prawns coated in Marie Rose sauce with a fresh mixed salad & a side of coleslaw	
Stilton & Bacon <i>GF</i>	£18
Warm bacon, chunks of Stilton on a fresh mixed salad & a side of coleslaw	
Caesar Salad <i>GFO</i>	£17
Whole chicken breast, salad leaves, Parmesan cheese, croutons & Caesar dressing	

Favourites

The Carew Inn Burger <i>GFO</i>	£18
6oz beef burger, or succulent Cajun chicken breast, topped with cheese, salad & pulled pork	
The Halloumi Burger <i>V GFO</i>	£18
griddled halloumi & salad	
Mexican Wave Burger <i>VE GFO</i>	£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	£19
Served with mushy or garden peas & tartar sauce	
Scampi & Homemade Chips	£18
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 <i>GF</i>	£14
Homemade Beef Or Vegetable Lasagne	£18
With salad & garlic bread or chips	
Steak, Mushroom & Ale Pie	£18
With homemade chips, gravy & seasonal vegetables	
Chicken Tikka Masala <i>GF</i>	£18
Garnished with natural yogurt & fresh coriander & served with a poppadom, rice, chips or 1/2 & 1/2	
Vegan Three Bean Chilli <i>VE GF</i>	£16
Served with rice, homemade chips or 1/2 & 1/2	
Penang Curry <i>VE GF</i>	£18
Aromatic gluten free coconut sauce, with cauliflower, green beans, mangetout & peppers. Served with a poppodom, rice, chips or 1/2 & 1/2	

Sides

Homemade Chips	£4.50	Garlic Bread	£4.95	Onion Rings	£4.95
Coleslaw	£3.50	Cheesy Garlic Bread	£5.95	Side Salad	£4.50
Cheesy Chips	£5.95				
<i>V Vegetarian</i>		<i>VE Vegan</i>		<i>GF Gluten Free</i>	
				<i>GFO Gluten Free Option</i>	