

THE  
**ROYAL OAK**  
— FISHGUARD —



**MENU**  
FRESH FOOD | REAL ALE

**FREE HOUSE**



#ROYALOAKFISHGUARD

## Starters

### Seasonal Soup

(Please see specials board)  
Crusty roll (v)(veo)(gfo) £7.00

### Crispy Chicken Wings

House salad, honey sriracha sauce £7.50

### Smoked Mackerel Pate

Smoked mackerel, caper & lemon pate, house salad,  
crusty roll (gfo) £8.00

### Tempura Battered King Prawns

Asian dressing, house garnish, lemon £8.50

### Halloumi Fries

House salad, sweet chilli sauce (v)(gf) £7.50

## Mains

### Welsh Beef Lasagne

Dressed mixed leaf garnish, garlic bread £15.50

### Pork & Apple Sausages

Creamy mashed potato, seasonal vegetables,  
onion gravy £15.00

### Vegetarian Glamorgan Sausages

Creamy mashed potato, seasonal vegetables,  
creamy white wine & leek sauce (v) £15.00

### Welsh Lamb Kofta

Grilled flatbread, hummous, tzatziki, pomegranate,  
olives, feta, mixed leaf, chips £17.00

### Spinach & Ricotta Cannelloni

Garlic bread, house salad (v) £15.00

### The Royal Oak Curry of the Week

Pilau rice, garlic & coriander naan bread, poppadum,  
mango chutney (veo) £15.00  
Add chips £2.00

### Piri Piri Chicken

Piri Piri glazed half chicken, coleslaw, corn on the cob,  
chips £17.00

### Summer Vegetable Risotto

Topped with rocket & parmesan (vo) £14.50

## Light Bites & Salads

### Classic Chicken Caesar Salad

Grilled chicken breast, streaky smoked bacon,  
baby gem, Caesar dressing, parmesan, croutons  
£14.50

### Greek Salad

Feta cheese, romaine lettuce, sunblushed  
tomatoes, black olives, cucumber, house  
dressing, flatbread (v)(veo)(gfo) £14.50

### Welsh Rarebit

Traditional Welsh rarebit on toasted bloomer  
bread, caramelised onion chutney (v) £13.50



## The Gourmet Burger Range

All of our burgers are served in a seeded brioche  
bun with coleslaw & chips

### The Royal Gourmet

6oz local steak mince burger, cheddar cheese,  
lettuce, tomato, red onion, chef's sauce £15.50

### Crispy Chicken

Crispy chicken breast, applewood cheddar,  
beef tomato, red onion, baby gem, sriracha  
mayo £15.50

### Plant Burger

Vegan Oomph burger, Asian slaw, vegan  
cheese, lettuce, tomato, red onion, vegan  
mayo, pretzel burger bun (ve) £15.50

**Add bacon for** £1.50

**Add jalapeños for** £1.00

## Sides & Nibbles

Portion of Chips £4.00 with cheese £4.50

Garlic Bread £4.00 with cheese £4.50

Mixed Seasonal Vegetables £4.50

Side Salad £4.00 Onion Rings £4.00

## Seafood

### “Jemima’s Pitchfork” Battered Cod

Mushy peas, chips, tartar sauce (gfo)  
£16.00

### Traditional Scampi

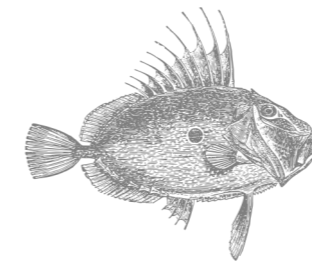
Chips, garden peas, tartar sauce £15.00

### Royal Oak Fish Pie

White fish, salmon, mussels & prawns,  
topped with creamy mashed potato &  
cheese. Served with seasonal  
vegetables, lemon wedge, crowned  
with a king prawn £17.50

### Thai Style Cod & Prawn Fishcake

Leek & chive mashed potato, caramelised  
fennel, lemon hollandaise £15.50



## Royal Oak Dirty Fries/Nachos

### Mexican Loaded

Spicy Mexicana cheese, salsa, guacamole,  
sour cream, jalapeños, diced spring  
onions (v)(gfo) £13.00

### Pulled Pork Loaded

BBQ pulled pork, diced spring onions,  
cheese, topped with BBQ sauce (gfo)  
£13.50

### Cajun Loaded

Bacon, cajun spice, diced spring onions,  
cheese, topped with sour cream (gfo)  
£13.50

## From the Grill

All of our steaks are sourced from local butcher  
Ken Davies, Crymych, and are aged for a  
minimum of 21 days

### 8 oz Ribeye Steak

Garlic & oregano roasted tomato, flat mushroom,  
onion rings, chips (gfo) £27.00

### 10 oz Welsh Sirloin Steak

Garlic & oregano roasted tomato, flat mushroom,  
onion rings, chips (gfo) £27.00

### 12oz Gammon Steak

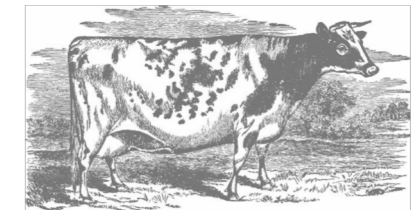
2 fried eggs, grilled pineapple, garden peas, chips  
(gf) £17.50

## Sauces

Peppercorn & Brandy (gf) £3.50

Blue cheese £3.50

Chimichurri sauce £3.50



## Children

All children's meals are served with chips or mash &  
a choice of garden peas, beans or salad (except  
spaghetti bolognaise)

**Cheese & Tomato Pizza (v) £6.50**

**Sausages £7.00**

**Cod Bites £7.50**

**Cheeseburger £7.50**

**Chicken Goujons £7.00**

**Spaghetti Bolognaise £7.00**

Topped with grated cheese & garlic bread

(v) vegetarian (gf) gluten free (ve) vegan (veo) vegan option available (vo) vegetarian option  
(gfo) gluten free option available – please ask at the bar

Some of these foods may contain nuts or other allergens. Please ask our staff for details.

To reserve a table, please call us on 01348 218632 or email us at [royaloakfishguard@hotmail.com](mailto:royaloakfishguard@hotmail.com)