

Tides Kitchen & Wine Bar

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Dinner

Starters

- 'Tides' Fishcake w/chilli sauce & salad leaves £7
Seared Scallops w/crispy pork belly, parsnip puree, chilli & ginger dressing, parsnip crisps £9.50
Homemade Soup of the Moment w/homemade bread £6
Pork, Chicken & Pistachio Terrine w/sourdough toast, apple chutney £6.50
Feta, Roasted Beetroot & Caramelised Walnut Salad w/balsamic dressing £6.50
Tian of Salmon w/oak roasted salmon, smoked salmon pate, avocado, sourdough toast £8

Mains

- Fillet of Welsh Black Beef w/Marsala, porcini, & tarragon sauce £26
Medallions of Monkfish wrapped in pancetta w/tomato, basil, cream sauce £18
Aubergine Parmigiana w/basil, panko & toasted pine nut crumb £14
Roast Fillet of Cod w/parmesan crust, orzo, salsa verde £17
Sesame Crusted Tuna w/sticky aubergine, harissa, spring onions, coriander £18
Salmon, Prawn & Smoked Haddock Fish Pie w/mash topping, Caws Llain £16
Pan-fried Fillet of Wild Sea Bass w/prawn, avocado & mango salsa £17

Main courses all served with gratin dauphinois & seasonal vegetables

Desserts

- Sticky Toffee Pudding w/salted caramel sauce, vanilla ice-cream, sesame brittle £7
Affogato vanilla ice cream with an espresso shot £5
Passion Fruit Tart w/lemon curd, praline crumb £7
Brioche Bread & Butter Pudding w/Merlyn liqueur, double cream £7
Welsh Cheeseboard w/Perl Las, Perl Wen & Anster Cheshire, Cnwc crackers £8.50

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Email tideskitchenandwinebar@gmail.com

Some of our dishes may contain nuts or other allergens. Please inform a member of our team if you have any allergies