

Sunday is a special day

Join us from 12pm – 4pm

All main courses are served with a selection of seasonal vegetables and potatoes

The cheaper price shown refers to great value meals available for children 12 and under

Starters £3.95 £4.95

Home made chef's soup of the day

Served with warm crusty bread

Oak smoked Scottish salmon

With a dill and mustard dressing

Chicken liver and brandy parfait

With Cumberland sauce

Mussels and mushrooms

In a creamy garlic and white wine sauce

Baby prawns

In a rich Marie Rose sauce served on a bed of crisp lettuce

Main courses £5.95 £8.95

Every Sunday we have a 'Chef's Choice' of additional freshly roasted meats

Check the chalk board for today's specials

Roasted prime 'Best of British' beef

Yorkshire pudding and rich gravy

Pan roasted supreme of chicken

Coated in a stilton cheese sauce

Pan fried fillet of sea bream

With lemon and herb butter

Pasta with sautéed Mediterranean vegetables

In a tomato and basil sauce, topped with Parmesan (V)

Mushroom stroganoff

With creamy leeks (V)

Desserts £4.95

Please ask for the selection of desserts

Children's ice cream £3.50

If you'd like to take a menu away to show your friends, please feel free to ask us



MENU

WELCOME!

We are delighted you have chosen our special restaurant here at Celtic Haven.

Waves has a great Italian influence because we love the food, the style and the flavours!

Wherever possible all our ingredients are sourced within a few miles of our restaurant, so Pembrokeshire reared meats, locally grown vegetables and salad and fresh fish from our coastal waters are what you will be offered and hopefully enjoy.

We've got 5 stars from the *Food & Hygiene Agency* for our standards of preparation and management which simply means: we try harder!

Our menu is a guide – please ask us if you want a special dish prepared or a diet catered for – it will be our pleasure to make your whole Waves experience as enjoyable as we can.

For our delicious Winter Warmer choices please see the Specials Board.

We welcome children for both lunchtime and evening.

DAY TIME

Soup £4.95

Please ask your server for today's selection

Our soup is freshly made every day and served piping hot with crusty bread from our brick oven. None of our soups contain flour or preservatives, just natural ingredients like Granny used to make (Coeliac safe)

Pembrokeshire jacket potatoes £6.95

Choose from: Prawns in Marie Rose sauce Cheese and baked beans (V)
Vegetable curry (V) Tuna, mayonnaise and sweetcorn

Panini £6.95

Choose from: Ham, cheese and tomato Chicken with tomato and mozzarella
Bacon and brie Caprese – mozzarella, tomatoes and basil (V)

Caesar salad £8.95

Served with chicken or baby prawns

Cawl £7.95

Home made cawl served with crusty bread and Welsh cheddar

The famous Waves burger! £8.95

Fresh beef, onions, shallots, herbs and spices served in a toasted ciabatta bun with relish, sauces and chips of course

Pasta with Cajun blackened chicken £8.95

Succulent Cajun blackened chicken on a bed of pasta in a rich tomato sauce topped with Parmesan

Wild mushroom tortelloni £8.95

Wild mushroom tortelloni served with a white wine and mushroom sauce (V)

Gorgonzola and walnut tortelloni £8.95

Gorgonzola and walnut tortelloni with a Parmesan cream (V)

Artichoke hearts tortelloni £8.95

Artichoke hearts tortelloni with pesto sauce and rocket leaves (V)

Fish, chips and peas £9.95

Battercrisp fillet of cod with chips and garden peas

Lasagne £9.95

Home made lasagne cooked with a trio of mozzarella, cheddar and Parmesan served with seasoned fries and rosemary olive oil bread

Steak wrap £9.95

Pan fried steak with caramelised red onion topped with melted cheese

Chicken wrap £8.95

Marinated Cajun chicken with sour cream and Jalapenos

Pizza paradise!

Individually cooked to order every evening and lunchtime except Sunday

Our pizzas follow traditional southern Italy recipes and are built on light and crispy bases, fresh ingredients and authentic cheeses. They are baked in an imported brick lined gas oven to give that slightly smoky 'country' taste that distinguishes the real thing!

The following are our '**magnificent 7**' or please feel free to build your own

	Standard 9"	Big Feast 12"
Neapolitan margherita Cheese and basil on a tomato base	£6.95	£8.95
Hawaiian getaway Margherita base with ham and pineapple	£7.95	£9.95
Roman holiday Margherita base with pepperoni	£7.95	£9.95
Tuscan feast Margherita base with pepperoni, salami, spicy beef, spicy chicken and ham	£8.95	£10.95
Venetian treasure Margherita base with onions, tomatoes, peppers and mushrooms (V)	£7.95	£9.95
Waves sensation Margherita base with tuna, anchovies, prawns and sliced onions	£8.95	£10.95
Sicilian spice Margherita base with spicy beef, spicy chicken and Jalapeno peppers	£8.95	£10.95

Top up or build your own pizza with your favourite flavours for just 75p each, choose from: mozzarella cheese, cheddar cheese, tomato, ham, pineapple, spicy chicken, spicy beef, pepperoni, salami, peppers, mushrooms, onions, prawns, tuna or anchovies

Take home pizza specials

Two standard Neapolitan margherita pizzas	for just £12.00
Two big feast Neapolitan margherita pizzas	for just £16.00

Delicious starters

Soup £4.95

Please ask your server for today's selection

Freshly made every day and served piping hot with crusty bread from our brick oven. None of our soups contain flour or preservatives, just natural ingredients like Granny used to make (Coeliac safe)

Country bowl £4.95

Delicious garlic bread surrounded by green and black olives drizzled in a light herb oil – great to nibble with friends whilst you decide what to eat (V)

Antipasto £6.25

A great plate of chilled meats bringing you a selection of tastes, including Parma ham, salami, pancetta, spianata decorated with fresh rocket

Mozzarella and fresh tomato salad with a purple basil dressing £5.50

A real favourite with creamy mozzarella and traditional vine tomatoes to give that fruity edge (V)

Chilli and garlic king prawns £7.95

A real taste experience with the prawns pan fried quickly to seal in the taste and then coated with our own chilli and garlic butter

Fungi caprice £5.50

A vegetarian extravagance. Fresh field mushrooms sautéed in fine brandy and cream (V)

Pasta to die for!

Lasagne £9.95

Forget what you've tasted before. Local ground beef trapped between sheets of light pasta and flashed under the grill to set the cheese topping. Served with crispy mixed salad, chips and garlic bread

Spaghetti vongole £12.95

A coastal village speciality. Clams in their shells cooked with chilli, garlic, white wine and finished in a rich tomato sauce

Pasta roxina £12.95

Smoked salmon Julienne in a vodka cream sauce with lump fish roe

Pasta sofia £9.50

Delicious penne with sautéed Mediterranean vegetables and livened with a rich tomato and basil sauce (V)

Gorgonzola and walnut tortelloni £9.50

Served in a creamy Parmesan sauce

Pasta carbonara £10.95

Carved and diced ham with fresh mushrooms are generously layered into a bed of pasta and topped with a delicate white sauce

From the ocean

Accompanied by a selection of fresh vegetables and potatoes

We buy fish we consider to be the best selection available at any one time. Please check the 'Market Fresh' board for any varieties bought today

Waves tuna £14.95

A generous tuna steak, char grilled to your liking and served with a coriander, chilli and cherry tomato salsa

Salmon sensation £14.95

Pan fried supreme of salmon with a delicate ginger wine sauce finished with baby prawns and fresh parsley

Field and meadow

Accompanied by a selection of fresh vegetables and potatoes

Veal zanato £16.95

Escalope of veal, lightly grilled and served on a creamy mushroom and white wine sauce

Lamb chianti £16.95

A prime rump steak of lamb marinated overnight in rich red wine and rosemary. Slow roasted and finished to order on a bed of braised red cabbage

Chicken with parma ham £13.95

Pan roasted supreme of chicken wrapped in Parma ham served with a delicious tomato and basil sauce topped with mozzarella

Steak selection

Accompanied by a selection of fresh vegetables and potatoes

All our steaks are prime cuts and hung for at least 21 days to ensure quality and taste

The famous Waves burger! £8.95

Fresh beef, onions, shallots, herbs and spices served in a toasted ciabatta bun with relish, sauces and chips of course

Rump £15.95

A 10oz steak char grilled 'as you like it' with a side order of onion rings. Plain and simple

Sirloin £16.95

A selected 8oz steak char grilled to seal in the juices and topped with crispy onion rings

Fillet riviera £24.00

Prime 'Best of British' fillet of beef served on a pate topped crouton with a Madeira sauce

Side orders

Garlic potatoes (V)	£2.50	Garlic bread (V)	£2.50
Crispy side salad (V)	£2.50	Freshly cooked chips (V)	£2.50
Creamy black pepper sauce (V)	£1.95		
Salsa verde	£1.95		

A real taste of the Italian countryside with parsley, capers, garlic, basil, anchovies and Dijon mustard all blended to make an amazing dressing.

Delicious desserts

Let us show you today's **tempting sweet tray** £4.95

Locally produced **dairy ice creams** and **sorbets** £4.95

Junior starters

Tomato soup (V) £1.75

Prawn cocktail with brown bread and butter £2.95

Junior main courses

Pasta with tomato and basil sauce (V) £3.95

Pasta with chicken £5.95

Jacket potato with cheese and beans (V) £3.95

Junior Waves burger £4.95

with fresh beef, fresh sesame seed bun, chips and a big smile!

Two share a 9" pizza with chips £4.95 per person

Fish fingers, beans and fries £3.95

Chicken nuggets, beans and fries £3.95

Sausage, beans and fries £3.95

Junior desserts

Choice of ice cream £2.95

Chocolate fudge cake £2.95

If you would prefer something from the adult menu please ask