

SANDWICHES & DESSERTS

SANDWICHES (GFO)

available 12pm-5pm

WELSH CIDER AND HONEY GLAZE HOME CURED ROAST HAM SANDWICH
with apple and onion Gower ale chutney
£7.45

GRILLED CHICKEN BREAST
smoked streaky bacon and Monterey Jack cheese
£8.45

BRIE AND CRANBERRY SAUCE
v £7.45
add smoked streaky bacon for £1.50

TUNA MAYO
with spring onions
£6.95

CLASSIC B.L.T.
of smoked streaky bacon, sliced tomato, baby leaves and mayo
£6.45

All our sandwiches are served with dressed salad and crisps.

Choice of white or malted bloomer

DESSERTS

KING'S HEAD DARK CHOCOLATE BROWNIE
An all time favourite served warm with a choice of cream or ice cream
gfo £5.25

STICKY TOFFEE PUDDING
A delicious pudding served warm with cream, ice cream or custard
gfo £5.25

KING'S HEAD CHEESECAKE
Chef's homemade cheesecake (please ask at the bar for flavour)
gfo £5.25

LUXURY ICE CREAM SUNDAE
Rhubarb & Custard Luxury Ice Cream Sundae
gfo £5.25

RASPBERRY SORBET
gfo £5.25

MARSHFIELD ICE CREAM THEATRE TUBS (125ml)
£2.00

CHEESE BOARD
A selection of cheeses served with crackers, celery, apple and a home-made chutney
£8.95

COFFEE MENU

Espresso £2.20	Hot Chocolate £3.00 <i>topped with cream & mini marshmallows</i>
Double Espresso £3.00	Tea £2.00
Americano £2.50	Flavoured Tea £2.20
Latte £2.70	Irish Coffee £6.50
Cappuccino £2.70	Welsh Penderyn Coffee £6.95
Mocha £2.70	Scottish Whisky Coffee £6.50

PLEASE MAKE A MEMBER OF STAFF AWARE
IF YOU HAVE ANY FOOD ALLERGIES WHEN ORDERING

KEY: — v — VEGETARIAN / gf — GLUTEN FREE /
gfo — GLUTEN FREE OPTION / vg — VEGAN



BAR MENU

FOOD SERVED FROM 11AM - 9.30PM



STARTERS

BREAD AND MIXED OLIVES for two to share. Served with balsamic extra virgin olive oil dip v gfo £7.25

BLUE CHEESE GARLIC MUSHROOMS
in a cream sauce with crusty bread gfo v £5.95

DEEP FRIED CRISPY VEGETABLE SPRING ROLLS
with dressed salad and szechuan sauce v £5.75

CLASSIC WHITEBAIT
deep-fried and seasoned with Maldon Sea Salt, served with a lemon and garlic aioli dip £6.95

PIRI PIRI CHICKEN
Tender thigh fillets in a spicy Portuguese marinade with a salad garnish gf £6.45

GRILLED BURGERS
KING'S HEAD GOURMET STACK
Two 4oz pork & apple burgers, smoked streaky bacon and a grilled apple slice £11.50

WELSH BEEF BURGER
Two 4oz prime Welsh beef burgers - £10.50

SOUTHERN FRIED CHICKEN BURGER
Tender butterflied chicken breast coated with our own southern spices £10.50

HOMEMADE BEETROOT & ORANGE BURGER v £9.95

ALL OUR BURGERS ARE SERVED WITH DRESSED SALAD AND TWICE COOKED CHIPS

Add Monterey Jack Cheese - £1.50
Add Smoked Streaky Bacon - £1.50
Add Halloumi - £1.50
Add Gherkins - £1.00
Add Coleslaw - £1.25

THE CHARGRILL

8OZ PRIME RUMP STEAK gfo £13.95
16OZ PRIME RUMP STEAK gfo £18.50
10OZ PRIME RIB EYE gfo £18.25
10OZ PRIME SIRLOIN STEAK gfo £17.95

ALL OUR PRIME STEAKS ARE SEASONED AND SERVED WITH A GRILL GARNISH AND GARDEN PEAS

Add a freshly made sauce to your steak
Peppercorn or cream of perl las Welsh blue cheese - £2.95

10 OZ GAMMON STEAK Served with egg, pineapple and garden peas gfo £12.95

Tempted by surf and turf? Add Whitby whole-tail scampi to your grill option - £4.00 supplement, or for the more adventurous, succulent King prawns in garlic butter £5.00 supplement

ALL SERVED WITH A CHOICE OF CHIPS, CREAMY MASHED POTATO, JACKET POTATO, NEW POTATOES OR SALAD.

PLEASE NOTE YOUR
TABLE NUMBER
AND ORDER AT THE BAR

THE KING'S HEAD INN
LLANGENNITH, GOWER, SWANSEA SA3 1HX
01792 386212
KINGSHEADGOWER.CO.UK

KING'S HEAD CLASSICS

CHICKPEA CURRY

a tomato based vegan curry with chickpeas and coriander

vg gf £11.95

WELSH DRAGON'S BREATH

A hot lamb curry, cooked in a fiery tomato and leek sauce

gf £11.95

AUTHENTIC GREEN THAI CHICKEN CURRY*

with oriental vegetables in an aromatic, creamy coconut sauce *contains cashew nuts -

gf £11.95

CHILLI-CON-CARNE

Prime beef mince with kidney beans, plum tomatoes, chilli pepper and our chef's own secret blend of seasoning and sour cream

gf £11.95

Add tortillas - 50p

VEGETABLE CHILLI

Mixed beans, plum tomatoes, chilli peppers, Quorn and our chef's own secret blend of seasoning and sour cream

v gf £11.95

Add tortillas - 50p

ALL THE ABOVE ARE SERVED WITH RICE,
CHIPS (OR 1/2 AND 1/2)

BBQ RIBS with a smoky bbq sauce served with skinny fries and coleslaw

£14.95

BEER BATTERED FISH OF THE DAY

Sustainably sourced fresh fish, coated in our crispy, Gower Ale beer batter served with chips, a choice of mushy peas or petit pois & home-made tartare sauce

£12.50

SALMON FILLET served with new potatoes and salad

gf £14.95

WHOLE-TAIL WHITBY SCAMPI

Whole langoustine tails coated with golden breadcrumbs served with home-made tartare sauce, chips and a choice of petit pois or mushy peas

£11.95

HOMEMADE STEAK PIE in golden puff

pastry and a choice of potatoes

£11.95

GLAMORGAN SAUSAGES

Cheese and leek sausages with seasonal dressed salad, Gower ale chutney, and a choice of potatoes

v £11.95

BANGERS AND MASH

Butcher's pork sausages in a Gower ale onion gravy on a bed of mashed potatoes with seasonal vegetables

gf £11.50

LINGUINE served with garlic bread and your choice of sauce:

White wine, garlic & mushroom v £11.95

Carbonara - with pancetta & parmesan shavings £12.95

Arrabiata - spicy tomato & garlic v £10.95

CHARGRILLED HALLOUMI & PINEAPPLE SALAD

gf £11.95

CHICKEN, BACON & AVOCADO SALAD

£13.95

STONE BAKED 12" THIN CRUST PIZZAS

MARGHERITA

With fresh sliced tomatoes, fresh mozzarella cheese and Italian herbs

v £9.50

VEGETARIAN PIZZA

With mushrooms, peppers, red onion & sweetcorn

v £10.95

PENCLAWDD PIZZA

Laverbread, cockles and smoked streaky bacon topped with a free range fried egg

£11.50

HAWAIIAN PIZZA

Home cooked honey and mustard roasted ham, pineapple & sweetcorn

£11.50

MEAT FEAST

With grilled chicken, spicy beef, pepperoni and fresh mozzarella

£11.95

PIRI PIRI PIZZA with Piri Piri Chicken, Roquito Chilli Pearls, mixed peppers & red onion

£11.95

ALL PIZZAS ARE TOPPED WITH LIGHTLY SPICED TOMATO SAUCE AND A MIX OF MOZZARELLA AND CHEDDAR CHEESE

SEE OUR SPECIALS BOARD
FOR THIS WEEK'S TREATS

SIDE DISHES

Small Chips - £2.75

Large Chips - £4.00

Side Vegetables - £3.50

Onion Rings - £2.95

Garlic Bread - £3.00

Garlic Bread & Cheese - £3.50

Naan Bread - £2.00

Poppadums (2) - £2.00

Side Salad - £3.95

Sunblush Tomatoes - £2.95

Bread Basket - £3.75

