

SANDWICHES & DESSERTS

SANDWICHES

available 12pm-5pm

CIDER & HONEY GLAZE HOME COOKED HAM

with apple and onion Welsh ale chutney
£7.45

HERB ROASTED CHICKEN BREAST

Smoked streaky bacon & Monterey Jack cheese
£8.45

BRIE & CRANBERRY SAUCE

v £7.45
Add smoked streaky bacon for £1.50

TUNA MAYO

With spring onions
£6.95

CLASSIC B.L.T

Smoked streaky bacon, sliced tomato,
baby leaves and mayo
£6.95

ALL 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,
served with cream or ice cream
(please ask at the bar for flavour)
gfo £5.25

HOMEMADE FRUIT CRUMBLE

Chef's homemade fruit crumble
(please ask at the bar for flavour)
£5.25

SEE ICE CREAM MENU FOR
FLAVOURS AVAILABLE

CHEESE BOARD

A selection of cheeses served with crackers, celery, apple and a home-made chutney.
Ideal for two to share £10.95

COFFEE MENU

ESPRESSO £2.20

DOUBLE
ESPRESSO £3.00

AMERICANO £2.50

LATTE £2.70

CAPPUCCINO £2.70

MOCHA £2.70

HOT CHOCOLATE
topped with cream &
mini marshmallows £3.00

TEA £2.00

FLAVOURED TEA £2.20

IRISH COFFEE £6.50

WELSH PENDERYN
COFFEE £6.95

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
	vg	Vegan	gfo	Gluten Free Option



BAR MENU



FOOD SERVED FROM 11AM - 9.30PM

STARTERS

BREAD & 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 v gfo £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 & garlic aioli dip £6.95

THE GRILL BURGERS

WELSH BEEF BURGER
Two 4oz prime beef burgers £10.50

MINTED LAMB BURGER
Two 4oz prime minted lamb burgers served
with mint mayo £10.95

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

THAI BAD BOY BURGER vg £10.50

ALL OF 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

STEAKS

8OZ PRIME RUMP STEAK gfo £14.50

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 & SERVED
WITH A GRILL GARNISH AND GARDEN PEAS

Add a homemade sauce to your steak?

Peppercorn or cream of blue cheese gf £2.95

10OZ GAMMON STEAK Served with egg,
pineapple and garden peas gfo £13.95

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

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

SALADS

CHICKEN CAESAR SALAD
(Contains anchovies) gfo £12.95

**CHARGRILLED HALLOUMI &
PINEAPPLE SALAD** gf £11.95

TABBOULEH salad made of finely chopped
parsley, with tomatoes, mint, onion, bulgur, and
seasoned with olive oil, lemon juice, salt and
pepper. vg £9.95

PLEASE NOTE YOUR
TABLE NUMBER & 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

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

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

HOME MADE FISH CAKES coated in crispy panko breadcrumbs, served with new potatoes and salad
£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 garden peas & homemade tartare
£12.50

WHOLETAIL SCAMPI coated with golden breadcrumbs served with homemade tartare sauce, chips and a choice of garden peas or mushy peas
£11.95

PORK BELLY
Slow cooked pork belly, Seasonal greens, wholegrain mustard mash and cider gravy
gf £14.95

HOMEMADE STEAK PIE in golden puff pastry, a choice of potatoes and garden peas
£11.95

GLAMORGAN SAUSAGE
Cheese and leek sausages with seasonal dressed salad, ale chutney, and a choice of potatoes
v £11.95

BANGERS AND MASH
Butcher's pork sausages in a Welsh ale & onion gravy on a bed of mashed potatoes with garden peas
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

Arrabbiata – spicy tomato & garlic
v £10.95

STONE BAKED 11" THIN CRUST PIZZAS

MARGHERITA
With fresh sliced tomatoes, fresh mozzarella cheese and Italian herbs
v £9.50

FLORENTINE PIZZA
Spinach, button mushrooms, ham and topped with an egg
£12.95

MEAT FEAST
Herb roasted chicken, spicy beef, pepperoni and fresh mozzarella
£11.95

SPICY MEAT FEAST
Spicy version of the popular meat feast
£12.95

VEGETARIAN PIZZA
with mushrooms, peppers, red onion and sweetcorn
v £10.95

HAWAIIAN PIZZA
Home cooked honey and mustard roasted ham, pineapple and sweetcorn
£11.50

BBQ CHICKEN & SWEETCORN
Herb roasted chicken, hickory bbq sauce, sweetcorn and roquito chilli pearls
£11.95

MEDITERRANEAN PIZZA
Chargrilled courgettes, mixed peppers, red onions, sliced tomatoes and roquito chilli pearls
£10.95

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

SIDES

SMALL CHIPS **gf £2.75**

LARGE CHIPS **gf £4.00**

SIDE VEGETABLES **gf £3.50**

ONION RINGS **£2.95**

GARLIC BREAD **£3.00**

GARLIC BREAD & CHEESE **£3.50**

NAAN BREAD **£2.00**

POPPADUMS(2) **gf £2.00**

SIDE SALAD **gf £3.95**

PLEASE ASK IF YOU REQUIRE A GLUTEN FREE 9" PIZZA BASE -

ALL OUR TOPPINGS ARE GLUTEN FREE EXCEPT THE SPICY BEEF



Please note: Meals ordered separately may be served separately. Please order together.