

**HAPPY HOUR**  
4-7PM  
EVERYDAY!

**CHECK OUT OUR SPECIALS PAGE!**

SUBJECT TO AVAILABILITY

## STARTERS

**GARLIC CHILLI KING PRAWNS** 🌶️🌶️ **£10.00**  
Cooked in garlic, chilli butter, served with crusty bread and a wedge of lemon

**ASIAN STYLE CALAMARI** 🌶️ **£8.00**  
Refreshing & spicy calamari, served with kewpie mayo, siracha sauce and garnish

**BRUSCHETTA** 🌿 **£7.00**  
A mix of tomatoes, basil, red onion and garlic, on toastes bread, topped with pesto, parmesan (optional) and a balsamic glaze

**CREAMY GARLIC MUSHROOMS** 🌿 **£7.00**  
Sautéed mushrooms, in a creamy garlic sauce, served on ciabatta toast

**CHICKEN TENDERS** **£9.00**  
Crispy chicken tenders, served with a side salad. Served with your choice of flavour: Plain/Buffalo & Blue Cheese 🌶️/Garlic & Parmesan/Jack Daniels BBQ/ Piri Piri 🌶️

**KOREAN BBQ BELLY PORK RIBLETS** **£8.00**  
Pork riblets, smothered in korean bbq sauce, served with pickled ginger and korean bbq dip

**HOT HONEY GRILLED HALLOUMI** 🌶️🌶️ **£7.00**  
4 slices of grilled halloumi, in a hot honey garlic sauce with ranch dip

**GARLIC BREAD** 🌿 **£4.00**  
Toasted ciabatta, smothered in garlic butter with parsley.  
ADD PEPPERONI £1.00  
ADD CHEESE £1.00

**STEAK SAUCES** **£3**  
THE BEST SAUCES FOR THE BEST STEAKS

BRANDY PEPPERCORN SAUCE  
STILTON BLUE CHEESE SAUCE  
PORTO GARLIC BEEF SAUCE

### About Jan'z

Jan'z restaurant & BB's Bar is located in between the famous Tenby Town and Saundersfoot Village! A Family-run restaurant, serving homemade delicious food: We also supply a wide range of alcohol and non-alcohol beverages!

# JAN'Z

## loaded CHIPS

**GARLIC PARMASAN TRUFFLE CHIPS** **£7.00**  
Fresh chips, tossed in garlic butter, parmesan & truffle oil

**SALT & PEPPER CHIPS** 🌶️🌶️ **£6.00**  
Fresh chips, tossed in five spice, soy sauce sautéed peppers, chillis and onion

**CHILLI CHEESE CHIPS** **£7.00**  
Fresh chips, topped with cheese sauce, chilli con carne, grated cheddar and salsa

**BACON & CHEESE CHIPS** **£6.00**  
Fresh chips, topped with cheese sauce, bacon bits and grated cheddar

**PORTO CHORIZO CHIPS** **£8.00**  
Fresh chips, topped with chorizo, bacon, garlic beef gravy, grated cheddar and an egg

**PULLED PORK CHIPS** **£7.00**  
Fresh chips, topped with cheese sauce, pulled pork, pickles and grated cheddar

## BURGERS & SUBS

**CLASSIC DOUBLE SMASHBURGER** **£13.00**  
Two 3oz smash burgers, bacon, cheese, salad, burger sauce, pickles, served in a sourdough bun with chips

**PULLED PORK BURGER** **£13.00**  
One 3oz smash burger, pulled pork, cheese, coleslaw, pickles, served in a sourdough bun with chips

**PIRI PIRI CHICKEN SUB** 🌶️🌶️ **£15.00**  
2 grilled chicken thighs, smothered in piri piri sauce with coleslaw in a ciabatta sub, served with chips

**CRISPY CHICKEN SUB** **£15.00**  
3 Crispy chicken tenders, Served with your choice of flavour: Plain/Buffalo & Blue Cheese 🌶️/Garlic & Parmesan/Jack Daniels BBQ/ Piri Piri 🌶️

**PORTO DIP STEAK SANDWICH** **£18.00**  
8oz rump, grilled peppers, onions, cheese, in a garlic ciabatta roll, served with chips and a porto beef gravy

**GRILLED HALLOUMI BURGER** 🌿 **£14.00**  
Sliced halloumi, salad, burger sauce, pickles, served in a sourdough bun with chips

## Off The GRILL

ADD KING PRAWNS \*£6.00

**FARM LABOURERS SUPPER** **£18.00**  
Grilled 16oz gammon steak, served with buttered mash potatoes, 2 fried eggs, peas and a homemade, fresh mint sauce

**KOREAN BBQ BELLY PORK RIBS** **£20.00**  
3 ribs, smothered in korean bbq sauce, served with pickled ginger, rice, asian slaw and chips

**10OZ PRIME FILLET STEAK** **£32.00**  
Served with mushrooms, grilled tomato, onion strings, peas and a choice of potatoes  
\*recommened rare\*

**8OZ RUMP STEAK** **£18.00**  
Served with mushrooms, grilled tomato, onion strings, peas and a choice of potatoes  
\*recommened medium rare\*

**16OZ RUMP STEAK** **£24.00**  
Served with mushrooms, grilled tomato, onion strings, peas and a choice of potatoes  
\*recommened medium rare\*

**12OZ RIBEYE STEAK** **£28.00**  
Served with mushrooms, grilled tomato, onion strings, peas and a choice of potatoes  
\*recommened medium\*

## PIZZA

### DETROIT STYLE

**MARGARITA PIZZA** 🌿 **£10.00**  
San mozano tomatoes, mozzarella, basil and optional parmesan

**ANTIPASTI PIZZA** 🌿 **£12.00**  
San mozano tomatoes, mozzarella, red onion, thyme, mushrooms, grilled peppers, onions, grilled artichoke with pesto & balsamic glaze

**TROPICALI PIZZA** **£11.00**  
Sam mozano tomatoes, mozzarella, ham, bacon, pineapple and parmesan

**PEPPERONI PIZZA** **£12.00**  
San mozano tomatoes, mozzarella, pepperoni and parmesan

**MEAT FEAST** 🌶️ **£16.00**  
San mozano tomatoes, mozzarella, nduja sausage, pepperoni, spicy chicken, pulled pork, fresh tomatoes and parmesan

## PUB CLASSICS

- SINCE 2000 -

**WELSH CURRY** 🌿 🌶️🌶️🌶️ **£14.00**  
Served with rice, chips or half and half. Chicken or vegetarian option, hot or mild

**CHILLI CON CARNE** 🌶️🌶️🌶️ **£14.00**  
Homemade chilli, served with rice, chips or half and half, Hot or Mild

**PIGGIN' CHICKEN** **£16.00**  
Grilled chicken breast, topped with pulled pork, cheese sauce and BBQ sauce, served with coleslaw and a choice of potatoes

**PIRI PIRI CHICKEN** 🌶️🌶️🌶️ **£15.00**  
3 grilled chicken thighs, smothered in piri piri sauce, served with spicy tomato rice and a choice of potatoes

**1KG MOULES FRITES** **£16.00**  
One kilo of mussels, served with either garlic and wine sauce or a spicy chorizo and tomato sauce, served with chips

**JACK DANIELS SALMON** **£17.00**  
Salmon fillet, with a Jack Daniels sauce, served on a bed of mash & seasonal veg

**CELTIC PRIDE STEAK & ALE PIE** **£14.00**  
Steak and ale pie, served with peas, tender stem broccoli, a rich homemade beef gravy and a choice of potatoes

## SIDES

**HOMEMADE COLESLAW** 🌿 **£2.50**  
Shredded white and red cabbage, apples, carrots, white onion with salad cream and mayonnaise

**REAL CHIPS** 🌿 **£3.50**  
Real chunky chips, freshly prepared and cooked in beef tallow. Can be vegetarian

**ONION STRINGS** 🌿 **£3.50**  
Strings of onion, breaded in house, cooked in beef tallow. Can be vegetarian

**ICEBERG WEDGE** 🌿 **£4.50**  
Quarter of a fresh iceberg lettuce, topped with a choice of ceaser, greek, honey mustard or bacon & blue cheese

**FLAVOURED MASH** 🌿 **£3.50**  
Buttery mash, served with a choice of buttery, wholegrain, horse radish, or pepper corn

**TENDERSTEM BROCCOLI** 🌿 **£4.00**  
Tenderstem sautéed in salted butter or garlic & butter

**CHECK OUT OUR SUNDAY LUNCH MENU!**

### Dietary Requirements

Items marked with these icons can be prepared as Vegetarian upon your request.



### Spice Scale

Dishes with these icons range from slightly spicy (1) to proper spicy (4), indicating their set spice levels.



### Allergen Notice:

All of our dishes are crafted in a kitchen where all allergens are present. Should you have any food allergies or intolerances, please discuss with our staff regarding the ingredients in our meals. We strive to accommodate dietary needs, we cannot assure absolute "allergen-free" dishes.

### Please Note:

A discretionary 10% service charge, which goes entirely to our staff, will be added to your bill. Should you have any concerns about the service, please feel free to discuss them with our management.



@JanzRestaurant



@JanzRestaurant



Review us on TripAdvisor!