

HAPPY HOUR
4-7PM
EVERYDAY!

JAN'Z

CHECK OUT OUR SUNDAY LUNCH MENU!

STARTERS

CAN BE SERVED AS TAPAS!

- GARLIC CHILLI KING PRAWNS** 🍷 🌶️ 🌶️ 🌶️ **£10.00**
Cooked in garlic chili butter with crusty bread and lemon.
- ASIAN STYLE CALAMARI** 🍷 🌶️ **£8.00**
Spicy calamari with kewpie mayo, sriracha and garnish.
- BRUSCHETTA** 🌿 **£7.00**
Tomato, basil, red onion, and garlic on toasted bread, topped with pesto, optional Parmesan and balsamic glaze. *Add Parma ham for £1.95*
- CREAMY GARLIC MUSHROOMS** 🌿 **£7.00**
Sautéed mushrooms in creamy garlic sauce, served on ciabatta toast.
- CHICKEN TENDERS** **£9.00**
Crispy chicken tenders with a side salad, available in flavors: Plain, Buffalo 🌶️ & Blue Cheese, Garlic & Parmesan, Jack Daniels BBQ, or Piri Piri. 🍷
- BBQ BELLY PORK RIBLETS** **£8.00**
Pork riblets smothered in Korean BBQ sauce, served with pickled ginger and a Korean BBQ dip.
- HOT HONEY GRILLED HALLOUMI** 🌿 🌶️ **£7.00**
Grilled halloumi (4 slices) in a hot honey garlic sauce, served with ranch dip.

CHECK OUT OUR SPECIALS PAGE!

SUBJECT TO AVAILABILITY

Tapas

- BOMBAY POTATOES** 🌿 🌶️ **£5.00**
Indian spiced fried potatoes
- POTATAS BRAVAS** 🌿 **£5.00**
Fried potatoes topped with a rustic tomato sauce and a garlic aioli
- GREEN LIP MUSSELS** 🍷 🌶️ **£9.00**
Cooked in a cajun butter sauce
- CAPRESE SALAD** 🌿 **£7.00**
Sliced tomatoes and mozzarella. basil, balsamic glaze, pesto and optional parmesan
- GRILLED CHORIZO & HOT HONEY** 🍷 🌶️ 🌶️ **£7.00**
Grilled chorizo drizzled with hot honey
- SPANISH TOMATO RICE** 🌿 🌶️ **£5.00**
Rice cooked in a spicy, rustic tomato sauce
- HUEVOS ROTOS** **£7.00**
Real chips topped with parma ham, fried eggs and an egg yolk sauce
- CHICKEN WINGS** 6 FOR £6 OR 12 FOR £10
Choose your dip: Buffalo & Blue Cheese, 🌶️ Truffle Garlic Parmesan with Lemon Mayo, Hot Honey 🍷 Ranch, or Chipotle BBQ.
- PORTOGUESE PORK & CLAMS** 🌶️ **£10.00**
Pork and clams cooked in a paprika, garlic, coriander and wine sauce

ABOUT JAN'Z RESTAURANT

Jan'z restaurant & BB's Bar is located in between the famous Tenby Town & Saundersfoot Village! A Family-run restaurant since 2000, serving homemade & delicious food! We also supply a wide range of alcohol and non-alcohol beverages!

Off The GRILL

ADD KING PRAWNS + £8.00

- 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**
4 ribs, smothered in korean bbq sauce, served with pickled ginger, rice, asian slaw and chips
- STEAK PORTOGUESE** **£26.00**
Flat iron steak on a bed of sauteed potatoes or mash, topped with parma ham, a fried egg and a beef garlic gravy
- 12OZ FLAT IRON FRITS** **£22.00**
Served with a choice of sauces (see below) & garlic butter chips
- 12OZ RIBEYE STEAK** **£28.00**
Served with mushrooms, grilled tomato, onion strings, peas and a choice of potatoes
reccomended medium

STEAK SAUCES

THE BEST SAUCES FOR THE BEST STEAKS

- BRANDY PEPPERCORN SAUCE
- STILTON BLUE CHEESE SAUCE
- PORTO GARLIC BEEF SAUCE

loaded CHIPS

- GARLIC PARMASAN TRUFFLE CHIPS** **£7.00**
Fresh chips, tossed in garlic butter, parmasan & truffle oil
- SALT & PEPPER CHIPS** 🌿 🌶️ **£6.00**
Fresh chips, tossed in five spice, soy sauce sauteed peppers, chillis and onion
- 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

PUB CLASSICS

- SINCE 2000 -

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

BURGERS & SUBS

- CLASSIC DOUBLE SMASHBURGER** **£14.00**
Two 4oz smash burgers, bacon, cheese, salad, burger sauce, pickles, served in a sourdough bun with chips
- PULLED PORK BURGER** **£14.00**
One 4oz 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/Bufalo & Blue Cheese 🌶️ /Garlic & Parmasan/Jack Daniels BBQ/ Piri Piri 🍷
- PORTO DIP STEAK SANDWICH** **£18.00**
8oz steak, 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

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.



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Review us on TripAdvisor!

SIDES

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