

Children's Menu

Sausage & Mash - served with peas & gravy	£4.50
Jumbo Fish Finger - with peas & home made chips	£4.50
Grilled Chicken Fillets - with peas & home made chips	£4.50
Scampi & home made chips	£4.50
◆ Home made Lasagne & chips	£4.50

All the above can be served with a choice of rice, small oven baked potato, or new potatoes if preferred

◆ Macaroni Cheese - Macaroni bound in a cheese & cream sauce topped with either crispy bacon or crispy croutons	£ 4.50
◆ Spaghetti Bolognaise - Spaghetti smothered in a rich home made bolognaise sauce and finished with grated cheese	£4.50

◆ Indicates half portions

Side Orders

Small Chips	£1.60
Large Chips	£2.60
Onion Rings in Beer Batter	£2.00
Two Poppadoms	£1.00
Naan Bread	£1.50
Roll & Butter	£0.80
Side Salad	£1.50
Garlic Bread	£2.00
Garlic Bread with melted cheese	£2.75
Fresh Roasted Vegetables	£2.50
Sandwiches from -	£3.00
Filled Rolls from -	£2.25

*Please place your order at the bar ~
orders cannot be taken without a table number*



The King's Head

The Kings Head take great care and pride in producing good quality home cooked food. Whenever possible we use local ingredients.

Please see our specials boards for a wider range of meals including a large range of authentic curries - our speciality!

Where possible we use local produce and pride ourselves on sourcing Welsh produce. We even try to ensure all the meat that goes into the curries is locally sourced.

The marsh lamb we use is from the lambs that graze on our local salt marshes. Our steaks are guaranteed Welsh and are produced by The Celtic Pride Company who pride themselves on the way & the time the beef is hung (hence their name!)



Menu



~ The King's Head ~
Llangennith
Gower
Swansea SA3 1HX
Tel: (01792) 386212



To Start

Garlic Mushrooms - Fresh mushrooms pan fried with onions & garlic & finished with cream (v)	£4.95
Chicken & Pork Pate - A coarse home made chicken liver & pork pate served with warm pitta & Cumberland sauce	£4.95
Black Tiger Prawns - Large black tiger prawns gently cooked in white wine garlic & cream	£6.95
Hot Soup of the Day - Fresh home made soup, served with a warm bread roll & butter	£4.25
Cawl - A home made Welsh broth of Welsh lamb & root vegetables, served with a warm bread roll	£5.15
Home made Glamorganshire Sausage - Leeks, strong cheddar cheese & breadcrumbs combined with seasoning & spices served with a chilli dip (v)	£5.15
Whole Baked Camembert - Great for sharing! Camembert baked in a box & studded with garlic & thyme, served with a home made red onion chutney and warm pitta . (v)	£5.15
King's Head Combo To Share - 4 beer battered onion rings, 4 Monterey melts, 4 stuffed jalapeño peppers, 4 chicken fillets in a spicy Mexican coating, 4 Cajun spiced jacket wedges with salsa & sour cream	£9.95

Main Meals

Fresh Gower Beer Battered Fillet Of Fish Please see our black board for fish of the week	
Breaded Whole Tail Scampi	£8.50
Home made rich Welsh Steak & Gower Ale Pie	£8.50
Home made creamy Chicken & Welsh Leek Pie	£8.75
Local made Welsh Pork Sausages with Mash Please see our black board for flavour of the week. Baked sausages on a bed of creamy mash. Served with peas & rich onion gravy	£7.95
Pot Roast of Welsh Venison - with blueberries served with crushed new potatoes topped with chive butter	£9.25
Welsh Beef Chilli Con Carne - Served with basmati rice or home made chips or try ½ of both	£8.50
Home made Chick Pea Curry - Served with basmati rice or home made chips or try ½ of both (v) (suitable for vegans)	£8.75

All the above can be served with a choice of rice, home made chips, oven baked potato, or new potatoes (or even half chips & half rice) if preferred

Pizzas

*Try our pizzas - each freshly made for your individual order -
Add extras at will or make up your own!*

Pizza Napolitana (v) - Tomato & cheese	£5.50
Pizza Hawaii - Tomato, cheese, peppers, sweetcorn, pineapple & ham	£6.75
Pizza Vegetarian (v) - Tomato, cheese, peppers, sweetcorn, mushrooms & onions	£6.75
Gower Special Pizza - Tomato, cheese, bacon, mushrooms & cockles	£7.00
Penclawdd Pizza - Tomato, cheese laverbread, bacon & cockles topped with an egg	£7.50
Spicy Pizza - Tomato, cheese, peppers, onion & chicken finished with Cajun spices	£7.50
Meat Feast Pizza - Tomato, cheese, chicken, bacon & pepperoni	£7.50

Pasta & Salad

Welsh Ham Salad - Tender slices of ham on a bed of lettuce & a selection of salad items	£8.75
Prawn Salad - Prawns on a bed of crispy lettuce & a selection of salad items topped with Marie Rose sauce	£8.85
Greek Salad - Feta cheese & olives on a bed of crispy lettuce and a selection of salad items topped with croutons & drizzled with olive oil	£8.55
Macaroni Cheese - Macaroni bound in a cheese & cream sauce topped with either crispy bacon or crispy croutons (v)	£8.00
Home made Welsh Beef Lasagne - served with peas & choice of potato	£8.50
Spaghetti Bolognaise - Spaghetti smothered in a rich home made bolognaise sauce and finished with grated cheese <i>All the above are served with garlic bread</i>	£8.00
Ploughman's Lunch - Cheddar cheese or pate, served with a warm roll, butter & a selection of pickle (v)	£8.65

From the Grill

8oz Welsh Fillet - Cooked to your liking with pan fried mushrooms & onions. Served with peas & choice of potato.	£17.50
16oz Welsh Rump Steak - A large steak cooked to your liking with pan fried mushrooms & onions. Served with peas & choice of potato.	£14.95

8oz Welsh Rump Steak - Cooked to your liking with pan fried mushrooms & onions. Served with peas choice of potato. £10.50

10oz Welsh Sirloin - Tender sirloin cooked to your liking with pan fried mushrooms & onions, served with peas & home made chips £14.50

SURF & TURF - The Classic Combo

8oz Welsh Rump Steak & large black Tiger prawn - gently cooked in white wine garlic, served with peas & choice of potato. £12.50

N.B. All our steaks are guaranteed Welsh and are produced by The Celtic Pride Company who pride themselves on the way & the time the beef is hung (hence their name!)

Marsh Lamb -

For our marsh lamb specials please see our specials board

Due to the lamb only being sourced from local salt marshes there is limited availability

Grilled Chicken Supreme - With pan fried mushrooms & onions, served with peas & choice of potatoes £8.50

Grilled Welsh Gammon Steak - A 16oz raw weight, served with peas & choice of potato & topped off with pineapple or fried egg £9.95

Salmon Steak - served on a bed of sliced onion, mushrooms and tarragon with peas & home made chips £8.50

Why not add one of our home made sauces to your dish for £1.50

Cream of garlic & white wine

Port and stilton

Pepper sauce

All the above can be served with a choice of rice, home made chips, oven baked potato or new potatoes (or even half chips & half rice) if preferred

Burgers from the Grill

The Kings Head Gourmet Burger Stack - Large pork and apple burger made by local welsh farmyard using their welsh pedigree pigs. Served in a crusty roll filled with iceberg lettuce, beef steak tomato, slice of fresh pan fried apple, battered onion rings and topped off with bacon and served with fries.	£8.00
Minted Lamb Burger - made by our local butcher	£4.50
Beef Burger	£4.50
Cheese Burger	£4.95
Vegetable Burger (v)	£4.95

*All burgers are served in a soft flour bap with tomato, cucumber & lettuce
Why not have our home made chips with our burger at £1.50 extra.*