



# BAR MENU

## STARTERS

**BREAD WITH OLIVES** – £6.50 v, vg, gfo  
a sharing platter of bread, olives, olive oil and balsamic

**KING'S HEAD PÂTÉ** – £5.45 gfo  
with homemade chutney and crusty bread

**SAUTÉED GARLIC MUSHROOMS** – £5.45 v, gfo  
in a creamy blue cheese sauce with crusty bread

**NACHOS WITH WELSH FARMHOUSE CHEDDAR** – £4.50 v  
served with salsa, guacamole & sour cream  
Add jalapeños £1.50

**POTTED ATLANTIC PRAWNS** – £5.75 gfo  
with dressed salad and served with crusty bread

**KING'S HEAD GRATIN** – £5.75  
Penclawdd cockles, laverbread and Welsh cured bacon  
with Welsh farmhouse cheddar

## SALAD

SERVED WITH CRUSTY BREAD AND COLESLAW.

**CARMARTHEN CURED HAM CAESAR SALAD** – £9.25  
Garlic infused croutons, Cos lettuce, sweetcorn,  
parmesan shavings and a Caesar dressing

**HORIATIKI SALAD (GREEK COUNTRY SALAD)** – £8.95 v  
Fresh tomatoes, cucumber, red onion, peppers, Kalamata  
black olives, Greek feta cheese and a King's Head dressing

**SMOKED CHICKEN PAPRIKA** – £8.95  
with smoked streaky bacon lardons, fresh tomatoes,  
cucumber, red onions, peppers, baby leaves and a  
balsamic dressing

**GOAT'S CHEESE WITH APPLE  
AND ROASTED WALNUTS** – £8.95 v  
on a mixed leaf base with cucumber, red onions  
and tomato

## SIDES

<b>SMALL CHIPS</b> – £2.00	<b>NAAN BREAD</b> – £1.50
<b>LARGE CHIPS</b> – £3.00	<b>SIDE SALAD</b> – £2.00
<b>ONION RINGS IN BEER BATTER</b> – £2.60	<b>GARLIC BREAD</b> – £2.75
<b>JALAPEÑOS</b> – £1.50	<b>FRESH VEGETABLES</b> – £2.50
<b>2 POPPADUMS</b> – £1.00	<b>GARLIC BREAD WITH CHEESE</b> – £3.00
<b>BREAD &amp; BUTTER</b> – £1.20	

## BURGERS

SERVED WITH HOMEMADE CHIPS, TOMATO RELISH,  
A SALAD GARNISH & ONION RINGS

**GOWER BLACK DIAMOND BEEF BURGER** – £8.95  
this prime Welsh beef burger recipe includes our  
own brewery's Gower Black Diamond real ale  
add cheese or bacon £1.00

**THE KING'S GOURMET STACK** – £9.50  
two pork & apple burgers from our local butcher in  
Penclawdd, stacked with bacon and griddled apple slice

**GOWER LAMB AND MINT BURGER** – £8.95  
locally sourced Gower lamb from our butcher  
in Penclawdd

## KING'S GRILL

**WELSH STEAK, COOKED TO YOUR LIKING** gfo  
8OZ RUMP £12.95 8OZ SIRLOIN £15.95  
10OZ RIB EYE £16.95

**SURF & TURF** – £4.00  
add a portion of scampi to your steak

**HOMEMADE SAUCES** – £2.25  
peppercorn, red wine, or perl las blue cheese  
creamy sauce

ALL STEAKS ARE COOKED TO YOUR LIKING AND SERVED  
WITH A ROASTED FLAT MUSHROOM, TOMATO & ONION WEDGE,  
SALAD GARNISH AND YOUR CHOICE OF HOMEMADE CHIPS,  
JACKET OR NEW POTATOES.

**10OZ WELSH GAMMON STEAK** – £10.25 gf  
served with garden peas, your choice of potatoes  
and either fried egg or pineapple slice

## PASTA

**LINGUINE** – £11.95  
mix your own sauce from the following:  
CARBONARA: CREAM, BACON & EGG YOLK  
WILD MUSHROOM AND SAGE CREAM v  
SMOKED SALMON DILL CREAM

**HOMEMADE WELSH BEEF LASAGNE** – £9.50  
served with salad, coleslaw & garlic bread

LOOKING FOR LUNCHTIME BITES,  
PLOUGHMAN'S OR HOT DRINKS?  
TURN THE PAGE →

SEE OUR DESSERTS MENU AND CHECK OUR  
SPECIALS BOARD FOR THIS WEEK'S TREATS

## PIZZA

ALL PIZZAS ARE FRESHLY MADE TO ORDER ON A 12" STONE BAKED  
BASE AND SERVED WITH ROCKET SALAD.

**NAPOLITANA** – £6.95 v  
tomato and cheese

**GREEK** – £9.75 v  
feta cheese, fresh tomatoes, peppers, red onion,  
Kalamata olives and dry oregano

**KING'S HEAD** – £10.45  
Carmarthenshire cured ham, asparagus, rocket,  
parmesan shavings and a Caesar dressing

**GOWER BEEF CHILLI** – £9.75  
with jalapeño pepper and Welsh farmhouse cheddar

**SPICY CHICKEN** – £9.75  
home cured smoked fillet of chicken breast, jalapeño  
peppers, mushrooms, mozzarella, sun blanching tomatoes  
and fresh basil

**PENCLAWDD** – £9.25  
Welsh laverbread, smoked streaky bacon, Gower cockles  
and Caerphilly cheese. Add free range fried egg £1.00

CHECK OUR BOARD FOR THE CHEF'S SPECIALS

## KING'S CLASSICS

**KING'S HEAD DRAGON'S BREATH CURRY** – £9.75 gf  
our very own recipe hot Welsh lamb curry

**WELSH BEEF CHILLI CON CARNE** – £8.75 gf  
add nachos £1.00

**AUTHENTIC GREEN THAI CHICKEN CURRY** – £9.25 gf  
contains cashew nuts

**CHICKPEA CURRY** – £8.95 v, vg, gf  
Indian tomato based balti sauce with coriander

**STEAK & ALE PIE** – £9.99  
a slow braised local beef, onion and Gower Brewery  
ale pie served in puff pastry

**GOWER GOLD BEER-BATTERED  
FISH OF THE DAY** – £9.50 gfo  
with homemade tartar sauce and your choice  
of garden or mushy peas

ALL THE ABOVE DISHES ARE HOMEMADE BY OUR TEAM OF CHEFS.

**WHOLE TAIL SCAMPI** – £8.95  
with homemade tartar sauce and your choice of garden  
or mushy peas

WITH A CHOICE OF HOMEMADE CHIPS, JACKET, MASHED OR NEW  
POTATOES, BOILED RICE OR HALF N' HALF RICE AND CHIPS.



JUST NOTE YOUR TABLE NUMBER AND ORDER AT THE BAR

LLANGENNITH, GOWER, SWANSEA, SA3 1HX | 01792 386212 | KINGSHEADGOWER.CO.UK  
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

## LUNCHTIME DISHES

AVAILABLE FROM 12 NOON UNTIL 5.00PM.

### SANDWICHES

ALL SANDWICHES ARE SERVED WITH A CHOICE OF WHITE OR BROWN BLOOMER BREAD WITH A SALAD GARNISH AND TORTILLA CHIPS

**KING'S HEAD HOME COOKED HAM – £6.45**  
with wholegrain mustard on the side

**WELSH FARMHOUSE MATURE CHEDDAR – £5.25**  
served with Branston pickle on the side

**HOME COOKED HAM & WELSH FARMHOUSE MATURE CHEDDAR CHEESE – £7.25**  
served with a homemade onion chutney on the side

**TUNA MAYONNAISE WITH SPRING ONION – £6.95**

**SWANSEA SMOKED SALMON – £6.95**  
with cream cheese, cucumber and dill

**HOME SMOKED CHICKEN AND SMOKED STREAKY BACON – £7.75**  
served with mayonnaise on the side

**B.L.T – £6.75**  
Welsh bacon, lettuce, tomato with mayonnaise

### PLOUGHMAN'S

ALL PLOUGHMAN'S ARE SERVED WITH A MIXED SALAD BASE, APPLE, GRAPES & CHUTNEY WITH A CRUSTY BREAD ROLL.

**KING'S HEAD HOME COOKED ROAST HAM – £7.75**

**WELSH FARMHOUSE CHEDDAR – £7.95**

**KING'S HEAD HOME COOKED ROAST HAM & WELSH FARMHOUSE CHEDDAR – £8.75**

**HOMEMADE PÂTÉ – £8.75**

### COFFEE & TEA

**TEA – £2.00**

**FLAVOURED TEA – £2.20**

**AMERICANO – £2.50**

**FLAT WHITE – £2.50**

**CAPPUCCINO – £2.70**

**LATTÉ – £2.70**

**ESPRESSO – £2.00**

**MOCHA – £2.70**

**DOUBLE ESPRESSO – £2.70**

**HOT CHOCOLATE – £2.70**

**IRISH COFFEE – £4.40**

**SCOTTISH COFFEE – £6.50**

**PENDERYN COFFEE – £6.50**