

BLUE ANCHOR INN

EAST ABERTHAW

WELCDME TD "THE BLUE"

Please make yourself comfortable, all food & drink orders will be taken at your table. All beer garden orders must be placed at the bar

TD START

Chefs Homemade Soup of the Day (Ve)* £5.95

With organic crusty bread

Marinated Olives & Oils (Ve) £4.95 (may contain stones)

Served with crusty organic bread

Home-Cured Citrus Salmon (Gf) £6.50

With an orange & fennel salad

Irish Rarebit (V) £6.50

Toasted sourdough topped with Guinness rarebit & gherkins.

Served with Roasted vine tomatoes

Sun-Blushed Tomato & Basil Cheesecake (V) £6.50

With fresh watercress

Smoked Haddock Fishcakes £6.75

With hollandaise sauce

Southern Fried Chicken Strips £6.75

With barbeque sauce & sweetcorn salsa

Blue Anchor Mezze Platter (V) £6.75

Grilled vegetables, haloumi, hummus, olives, sun blush tomato & ciabatta bread.

Platter for 2: £12.75

Add Salami & Parma Ham: £1.75 (per-person)

SIDES

Blue Anchor Mixed Salad £2.75

Home Cut chips £3.95

Organic Crusty Bread £1.50

Ciabatta Garlic Bread £2.95

Ciabatta Garlic Bread with Cheese £3.50

Seasonal Vegetables £2.75

Mediterranean Vegetables- Provencal Style £3.75

(Ve) Indicates this dish is suitable for vegans
(Gf) Indicates this dish is gluten free
* Indicates this dish can be adapted to be gluten free
(V) Indicates this dish is suitable for vegetarians
(Ve*) Indicates this dish can be adapted to be Vegan

Although we make every effort to ensure these dishes are free from gluten & other allergens, all our food is prepared in a kitchen where nuts, cereals containing gluten & other allergens are present & our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering. Full allergen information is available, upon request.

MAINS

Grilled Prime British Beef Steak

8oz Sirloin * £21.75

10oz Rib eye * £23.75

Home cut chips, mushroom, roasted vine tomatoes & mixed salad (Available with stilton glaze or peppercorn sauce £2.95)

Deep Fried Fillet of Hake £14.25

Mushy peas, homemade tartare sauce & home cut chips

Thai Green Chicken Curry (Gf) £13.50 (add chips for £1)

Made with fresh herbs & spices, served with basmati rice

10oz Grilled Gammon Steak* £14.95

Fried egg, fresh pineapple & home cut chips

Fillet of Beef Stroganoff (Gf) £15.95 (add chips for £1)

Made with chestnut mushrooms, shallots & red peppers, cooked in brandy, paprika & cream, with basmati rice

Chefs Homemade Steak & Ale Pie £14.95

Made with Theakstons Old Peculiar, Served with buttery mash & mixed vegetables

Deep Fried Breaded Scampi £12.50

Mushy peas, homemade tartar sauce & home cut chips

Cajun Spiced Chicken Supreme * £14.95

With mango salsa & sweet potato fries (sweet potato fries only available with this dish)

Welsh Coast Mackerel Fillets £14.95

With peperonata & olive crushed new potatoes

Roasted Marinated Lamb Rump * £17.25

With dauphinoise potato, & Mediterranean vegetables Provencal style

Blue Anchor Prime 8oz Beef Burger £14.75

In a toasted brioche bun, with Monterrey jack cheese, iceberg lettuce, gherkin, tomato & a cucumber & pepper Relish.

Served with home cut chips & coleslaw

Honey & Garlic Glazed Salmon Fillet (Gf) £15.50

With sesame, pak choi, tender-stem broccoli & basmati rice

Pork Tenderloin Wrapped in Smoked Bacon £14.75

Served with creamy forest mushroom tagliatelle

Spiced Vegetable Curry £12.95 (Gf) (Ve) (add chips for £1)

Medium Spiced served with basmati rice

Mushroom, Chestnut & Spinach Wellington (V) £13.75

On pomme puree, with baby carrots & vegetable onion gravy

LIGHT BITES

Ciabatta Sandwiches £6.95

(All served with salad & homemade coleslaw)

-Honey Roast Ham & Marinated Red Peppers

-Prawn & Jalapeno mayonnaise

-Cheese, Tomato & Pickle

-Jerk Chicken & Pineapple Jam

Jacket Potatoes £7.50

-Thai Green Chicken Curry

-Cheese & Red Onion

-Beans & Cheese

-Tuna & Cheese Melt

CHILDREN'S CHDICE £6.75 (All served with chips & beans)

-Chicken Nuggets

-Beef Burger

-Fish Fingers

DESSERTS £6.50

Sticky Toffee Pudding

With toffee sauce & vanilla ice cream

Passionfruit Cheesecake

With a mango & passionfruit coulis

Blackberry & Almond Slice (Gf)

With vanilla ice cream & blackberry compote

Rhubarb & Vanilla Crème Brulee *

With homemade shortbread

Summer Berry & Elderflower Jelly (Gf)

With raspberry sorbet

Organic Welsh Cheeses

With apple & chilli chutney, & biscuit selection