

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) £5.95 (may contain stones)
Served with crusty organic bread

Portobello Mushroom (V) £7.25
Topped with Welsh rarebit, with a leek & fennel slaw

Home Cured Salmon Gravdax * £7.25
With buttered brown bread & watercress

Duck Croquettes £7.50
With a celeriac & apple remoulade

Feta & Sun Blushed Tomato Arancini (V) £7.50
With Tomato and red pepper chutney

Cajun Spiced Salmon & Cheese Fishcakes £7.25
With crunchy salad & sweet chilli sauce

Steamed Mussels * Starter £7.95 / Main £14.95
Steamed in a white wine, garlic & thyme cream

Blue Anchor Mezze Platter (V) £8.75
Grilled vegetables, haloumi, hummus, olives, sun blush tomato & ciabatta bread. **Platter for 2: £14.75**
Add Salami & Parma Ham: £1.75 (per-person)

SIDES

Blue Anchor Mixed Salad	£2.95
Home Cut chips	£3.95
Organic Crusty Bread	£1.75
Ciabatta Garlic Bread	£3.50
Ciabatta Garlic Bread with Cheese	£3.95
Seasonal Vegetables	£2.75

(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 request002E

MAINS

Grilled Prime British Beef Steak

8oz Sirloin * £23.75

10oz Rib eye * £25.75

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

Deep Fried Fillet of Hake £14.75

Mushy peas, homemade tartare sauce & home cut chips

Thai Green Chicken Curry (Gf) £13.95 (add chips for £1.00)

Made with fresh herbs & spices, served with basmati rice

10oz Grilled Gammon Steak* £16.50

Fried egg, fresh pineapple & home cut chips

Fillet of Beef Stroganoff (Gf) £16.95 (add chips for £1.00)

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

Chefs Homemade Steak & Ale Pie £16.50

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

Deep Fried Breaded Scampi £13.95

Mushy peas, homemade tartar sauce & home cut chips

Pork & Leek Sausages £13.95

With creamy mash, Braised red cabbage & rich gravy

Pan-Fried Hake Fillet £17.50

On a garlic, herb, tomato & shellfish spaghetti

Shank of Welsh Lamb (Gf) £18.25

Marinated & Slow cooked in medium madras sauce, served with basmati rice & spiced vegetables

Blue Anchor Prime 8oz Beef Burger £16.50

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

Served with home cut chips & coleslaw

Roasted Salmon Supreme (Gf) £17.50

With celeriac dauphinoise & creamed leeks

Slow Cooked Pork Belly (Gf) £16.75

With parsnip mash & curly kale.

Creamy forest mushroom sauce

Three Bean Chilli (Gf) (Ve) £14.50 (add chips for £1.00)

With roasted peppers & sweet potato, served with basmati rice

Beetroot & Butternut Squash Wellington (V) £14.50

On pomme puree, with baby carrots & vegetable onion gravy

Vegan Lentil "Meatballs" (Ve) £14.50

Cooked in a garlic, herb & tomato sauce, with spaghetti

LIGHT BITES

Ciabatta Sandwiches £8.75

(All served with salad, chips & homemade coleslaw)

-Honey Roast Ham, Tomato & Mustard Mayo

-Prawn Marie Rose

-Perl Wen & Cranberry

-Coronation Chicken

Jacket Potatoes £8.75

-Thai Green Chicken Curry

-Cheese & Red Onion

-Beans & Cheese

-Tuna & Red Onion

CHILDREN'S CHDICE £6.95 (All served with chips & beans)

-Chicken Nuggets

-Beef Burger

-Fish Fingers

DESSERTS £6.95

Sticky Toffee Pudding

With toffee sauce & vanilla ice cream

Raspberry & Rose Crème Brulee *

With homemade shortbread

Vanilla Cheesecake

With honeycomb pieces & salted caramel sauce

Poached Pear

With salted caramel sauce, cream & toasted almonds

Warm Chocolate Brownie

With chocolate sauce & vanilla ice cream

Blackberry & Almond Slice (Gf)

With whipped cream

Welsh Cheese Board

Perl Las- West Wales Blue Cheese

Perl Wen- Caws Cenarth soft cheese

Black Bomber- Snowdonia Mature Cheddar

Apple & Tomato Chutney, Biscuit Selection