

# BLUE ANCHOR INN

EAST ABERTHAW

WELCDME TD "THE BLUE"

Please make yourself comfortable, all food & drink orders will be taken at your table.

## TD START

**Chef's Homemade Soup of the Day (Ve\*) \* £6.25**  
With crusty bread

**Marinated Olives & Oils \* £6.50**  
With crusty bread

**Caribbean Style Fishcakes £8.25**  
With pineapple salsa

**Mac & Cheese £7.25**  
Topped off with a bacon crumb

**Large Breaded Scotch Egg £8.75**  
Served with apple & grape chutney

**Creamy Goats Cheese & Beetroot Salad (V) (GF) £7.25**  
With fresh rocket

**Seafood Tart £7.95**  
With a fennel & orange salad, lemon vinaigrette

**Scottish Mussels\*** Starter £8.75 / Main £17.00  
Steamed in a garlic, white wine & cream sauce, with crusty bread

**Blue Anchor Mezze Platter (V) \* £9.50**  
Grilled vegetables, halloumi, sweet chilli hummus, olives, sun blushed tomato & ciabatta bread.

**Platter for 2: £16.25**

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

## SIDES

Blue Anchor Mixed Salad	£3.25
Home Cut chips	£4.25
Crusty Bread	£1.95
Ciabatta Garlic Bread	£3.95
Ciabatta Garlic Bread with Cheese	£4.50
Seasonal Vegetables	£3.25
Cajun Spiced Cheesy Chips	£4.95
Buttered New Potatoes	£1.95

(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

**Deep Fried Fillet of Hake £17.75**  
Mushy peas, homemade tartare sauce & home cut chips

**Thai Green Chicken Curry (Gf) £15.95** (add chips for £1.50)  
With basmati rice

**Fillet of Beef Stroganoff (Gf) £19.75** (add chips £1.50)  
Made with chestnut mushrooms, shallots & red peppers, cooked in brandy, paprika & cream, with basmati rice  
**Available as Vegetarian Mushroom Stroganoff (Gf) £16.50**

**Chef's Homemade Steak & Ale Pie £18.75**  
Made with Theakstons Old Peculiar, served with buttery mash & mixed vegetables

**Deep Fried Breaded Scampi £14.95**  
Mushy peas, homemade tartare sauce & home cut chips

**Roasted Lamb Rump Pave (Gf) £23.00**  
Served with dauphinoise potato & baby leeks, red wine & mint jus

**Sea Bream Fillets (Gf) £21.00**  
With lemon butter, new potatoes & seasonal vegetables

**King Prawn Linguine £19.95**  
Tossed in a fresh tomato sauce with hints of chilli, fennel & lemon, served with garlic bread

**Three Bean Chilli (Gf) (Ve) £16.50** (add chips for £1.50)  
With roasted peppers & sweet potato, served with basmati rice

**Mexican Inspired Chicken Fajita Salad Bowl (GF) £18.00**  
Mexican bean & rice salad, chunky tomato salsa, grilled peppers, pickled onions, served with guacamole & sour cream

**Spinach & Ricotta Tortelloni (V) £16.50**  
Creamy cherry tomato sauce, vegetarian parmesan shavings & garlic bread

**Vegetarian Cheeseburger (V) £16.50**  
Panko crumb coated spiced bean burger, toasted brioche bun, burger sauce, served with salad & home cut chips

## On The Grill

**10oz Sirloin \* £26.95** (Available with stilton glaze or peppercorn sauce £3.25)  
Home cut chips, mushroom, roasted vine tomatoes & dressed leaves

**10oz Grilled Gammon Steak\* £18.50**  
Fried egg, pineapple, garden peas & home cut chips

**Blue Anchor Prime 8oz Beef Burger £17.95**  
In a toasted brioche bun, with Monterey Jack cheese, iceberg lettuce, gherkin, tomato & a cucumber & pepper Relish.  
Served with home cut chips & ruby coleslaw

## LIGHT BITES

### **Ciabatta Sandwiches** £11.50

(All served with salad, chips & homemade ruby coleslaw, unless otherwise specified)

- Italian Meatball & Melted Mozzarella
- Tandoori Chicken, Mint Yoghurt & Mango Chutney
- Honey Roasted Ham, Mustard Mayo & Tomato
- Deep-Fried Breaded Perl Wen & Cranberry
- Prawn Marie Rose
- Spicy Beef, pickled red onion & smoked paprika aioli

### **Jacket Potatoes** £10.75

- Green Thai Chicken Curry (Gf)
- Cheddar Cheese & Onion (Gf) (V)
- Beans & Cheese (Gf) (V)
- Tuna & Red Onion Melt (Gf) (V)
- Three Bean Chilli (Ve) (Gf)

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## CHILDREN'S CHDICE £8

- Chicken Nuggets** with chips & beans
- Beef Burger** with chips & beans
- Fish Fingers** with chips & beans
- Sausage & Mash** with peas & gravy

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## DESSERTS £7.75

### **Sticky Toffee Pudding**

With toffee sauce & vanilla ice cream

### **Double Chocolate Cheesecake**

With salted caramel sauce & honeycomb

### **Blackberry & Almond Slice (Gf)**

With blackberry compote & vanilla ice cream

### **Vanilla Crème Brulee**

With shortbread biscuit

### **Iced Strawberry & Prosecco Parfait (Gf)**

### **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