

BLUE ANCHOR INN

EAST ABERTHAW

WELCOME TO "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

TO START

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

Marinated Olives & Oils (Ve) £5.95 (may contain stones)
Served with crusty bread

Slow Cooked Belly Pork * £7.75
With crunchy salad & teriyaki

Pork & Apricot Terrine £7.75
With red pepper chutney

Deep Fried Breaded Pearl Wen £7.50
With a walnut & cranberry salad

Lemon & Dill, Cod Fishcakes £7.75
With apple & fennel salad

Irish Rarebit (V) £7.50
With homemade piccalilli

Blue Anchor Mezze Platter (V) * £8.75
Grilled vegetables, haloumi, hummus, olives, sun blush tomato & ciabatta bread. **Platter for 2:** £14.75

Add Chorizo & Serrano Ham: £1.75 (per-person)

Steamed Scottish Mussels * **Starter** £7.95 / **Main** £15.50
Cooked in white wine, garlic, parsley & cream, with crusty bread

SIDES

Blue Anchor Mixed Salad	£2.95
Home Cut chips	£3.95
Crusty Bread	£1.75
Ciabatta Garlic Bread	£3.50
Ciabatta Garlic Bread with Cheese	£3.95
Seasonal Vegetables	£2.75
Cajun Spiced Cheesy Chips	£4.95
Buttered New Potatoes	£1.75

(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 Beef Steak
8oz Sirloin * £23.75

10oz Rib eye * £25.75
Home cut chips, mushroom, roasted vine tomatoes & dressed leaves
(Available with stilton glaze or peppercorn sauce £2.95)

Deep Fried Fillet of Hake £15.75
Mushy peas, homemade tartare sauce & home cut chips

Curry of the Day (Gf) £14.95 (add chips for £1.20)
Medium Spiced Chicken Dhansak, tangy & sweet, enriched with lentils, with coconut pilau rice

10oz Grilled Gammon Steak* £16.50
Fried egg, pineapple & home cut chips

Fillet of Beef Stroganoff (Gf) £17.95 (add chips £1.20)
Made with chestnut mushrooms, shallots & red peppers, cooked in brandy, paprika & cream, with basmati rice

Chefs Homemade Steak & Ale Pie £16.95
Made with Theakstons Old Peculiar, Served with buttery mash & mixed vegetables

Deep Fried Breaded Scampi £14.50
Mushy peas, homemade tartar sauce & home cut chips

Roasted Rump of Lamb (Gf) £18.75
Served with provencal Mediterranean vegetables & new potatoes dressed in salsa verde

Baked Whole Plaice (Gf) £19.00
Simply grilled with lemon butter, served with new potatoes & seasonal 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

Pan Fried Red Mullet Fillets £18.50
Served on a cherry tomato & caper linguini, with a hint of chilli

Bacon Wrapped Chicken Breast (Gf) £17.95
Stuffed with spinach & cream cheese, served with dauphinoise potato, fine beans & tomato & rosemary sauce

Three Bean Chilli (Gf) (Ve) £14.95 (add chips for £1.20)
With roasted peppers & sweet potato, served with basmati rice

Sweet & Sour Stir-Fry (V) £14.95
Crunchy vegetables served with Chinese style egg noodles

Roasted Pumpkin, Creamy Herb & Leek Risotto (Ve*) £14.50
Finished With spiced pumpkin seeds & parmesan shavings

LIGHT BITES

Ciabatta Sandwiches £9.95

(All served with salad, chips & homemade coleslaw)

-Honey Roast Ham, Tomato & Mustard Mayo

-Snowdonia "Black Bomber" Cheddar Cheese & Pickle

-Tandoori Marinated Chicken Breast, Curried Mayo & Mango Chutney

-Humous, Falafel, Sundried Tomato, Roasted Peppers & Basil Pesto (V)

-Deli Sandwich, Chorizo, Serrano Ham, Gerkin & Jack Cheese, with Dijon Mayo

Jacket Potatoes £8.75

-Medium Chicken Dhansak Curry (Gf)

-Cheddar Cheese & Coleslaw (Gf) (V)

-Beans & Cheese (Gf) (V)

-Tuna & Red Onion, Cheese Melt (Gf) (V)

-Three Bean Chilli (Ve) (Gf)

CHILDREN'S CHDICE £6.95

-**Chicken Nuggets** with chips & beans

-**Beef Burger** with chips & beans

-**Fish Fingers** with chips & beans

-**Sausage & Mash** with peas & gravy

- **Roasted Pumpkin, Creamy Herb & Leek Risotto** (Ve*)

DESSERTS £6.95

Sticky Toffee Pudding

With toffee sauce & vanilla ice cream

Vanilla Crème Brulee *

With shortbread biscuit

Lemon Cheesecake

With blackberry compote

Chocolate Brownie Mousse

Spiced Date & Pecan Tart (Gf)

With salted caramel sauce & vanilla ice 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