

## SANDWICHES AND LIGHT BITES

(Served Monday to Saturday 12 noon to 4pm)

### Freshly Baked Baguette

Served with a side salad and crisps

- Sausage and Bacon £4.95
- BLT £4.95
- Prawn Marie Rose £4.95
- Ham Salad £4.95
- Cheese Salad £4.95
- Tuna Crunch £4.95
- Grilled Chicken Mayo £4.95

### Freshly Baked Jacket Potato

Served with a side salad

- Cheese and Baked Beans £5.45
- Chilli Con Carne £5.45
- Prawn Marie Rose £5.45
- Tuna Crunch £5.45
- Three Bean Chilli £5.45

Sausage Bap £3.50

Bacon Bap £3.50

2oz Beef Burger £3.95  
*Add cheese for 50p*

## SIDES

Garlic Bread £2.50

Side of Chips £2.50

Cheesy Chips £3.25

Onion Rings £3.00

Coleslaw £2.00

Peppercorn Sauce £3.00

Side Salad and Dressing £3.00

## SUNDAY ROAST

Only Served 12 – 5 on Sundays

All Served with Roast Potatoes, Seasonal Vegetables,  
Yorkshire Pudding and Gravy

Roast Leg of Lamb £9.95

Topside of Beef £9.75

Black Water Roast Pork £9.95  
*Served with Pork and Herb Stuffing*

Mixed Roast £11.95

Pieminister Heidi Pie £10.95  
*Goats cheese, sweet potato, spinach and red onion pie with vegetarian gravy*

Nut cutlets £8.95

Little Peoples Roast Lamb £5.95

Little Peoples Roast Beef £5.95

Little Peoples Roast Pork £5.95

Little Peoples Nut Cutlets £5.95

## DESSERTS

Ice - Cream (*bowl*) £3.00  
*Three scopes of your choice – vanilla, strawberry or chocolate*

Apple and Raspberry Crumble £5.25  
*Served with vanilla, strawberry or chocolate ice cream, custard or cream*

Hot Chocolate Fudge Cake £5.25  
*Served with vanilla, strawberry or chocolate ice cream, custard or cream*

Sticky Toffee Pudding £5.25  
*Served with vanilla, strawberry or chocolate ice cream, custard or cream*

Spotted Dick £5.25  
*Served with vanilla, strawberry or chocolate ice cream, custard or cream*

# The Anchor Inn

## MENU



Laura, Chris and their team welcome you all to their Waterside Marina Family Pub & Restaurant. Offering a great selection of home cooked meals, snacks, a choice of wines, ciders, draughts, ales and soft drinks for all the family.

The Anchor Inn, Eling Lane, Eling, Totton, Southampton, SO40 9GD

For online booking please feel free to visit our website

[www.theanchorinneling.com](http://www.theanchorinneling.com)

Alternatively email us on

[info@theanchorinneling.com](mailto:info@theanchorinneling.com)

Or call us on

**02381 785507**

Please see our specials boards  
for Daily Desserts

Please feel free to check in and rate us  
on our Facebook page, Instagram or leave  
a review on Trip Advisor

Restaurant Opening times  
12 noon – 9pm Monday & Saturday  
12 noon – 6pm Sundays

## STARTERS

<b>Soup of the Day</b>	<b>£4.25</b>
Homemade soup served with crusty bread and butter	
<b>Lightly Seasoned Whitebait</b>	<b>£5.50</b>
Served with a crisp salad, lemon mayonnaise and fresh bread	
<b>Crispy Loaded Potato Skins</b>	<b>£5.50</b>
A choice of cheese & Bacon or Cheese & Jalapeno	
<b>Garlic Mushrooms</b>	<b>£4.95</b>
Served with a crisp salad	
<b>Salt and Pepper Squid</b>	<b>£5.95</b>
Served with garlic mayonnaise and fresh bread	
<b>Pate on Toast</b>	<b>£4.50</b>
Served with melba toast, Chutney and a crisp salad	
<b>Prawn Marie Rose</b>	<b>£5.95</b>
Served on a bed of iceberg lettuce with fresh crusty bread	

## FROM THE GRIDDLE

<b>Homemade Beef Burger</b>	<b>£9.50</b>
Homemade burger served with all the trimmings, chips and homemade coleslaw	
<i>Add Mushrooms, Bacon Or Egg for 75p</i>	
<b>8oz Rump Steak</b>	<b>£10.95</b>
Served with onion rings, chips, peas and grilled tomato	
<b>All Day Breakfast</b>	<b>£9.50</b>
2 sausages, 2 bacon, 2 hash browns, 2 eggs, beans or tomatoes and toast	
<i>Add mushrooms or black pudding 75p</i>	
<b>Gammon Steak</b>	<b>£8.95</b>
Served with Chips & Peas and with a choice of egg or pineapple	
<b>Mixed Grill</b>	<b>£13.25</b>
4oz steak, gammon steak, chicken breast, Cumberland sausage, onion rings, chips and peas	

## FROM THE SEA

<b>Whole Tail Scampi</b>	<b>£8.95</b>
Served with chips, peas, a lemon wedge and a helping of tartare sauce.	
<i>Why not try our fancy minted mushy peas?</i>	
<b>Breaded Plaice</b>	<b>£8.95</b>
Served with chips, peas, a lemon wedge and a helping of tartare sauce.	
<i>Why not try our fancy minted mushy peas?</i>	
<b>Homemade Fish Pie</b>	<b>£8.50</b>
Served with seasonal veg	
<b>Smoked Haddock Fish Cakes</b>	<b>£8.25</b>
Served with chips and salad	

## AROUND THE WORLD

<b>Spaghetti Bolognese</b>	<b>£7.95</b>
Served with garlic bread	
<b>Chilli Con Carne</b>	<b>£8.95</b>
Served with rice and garlic bread	
<b>Chefs Special Curry</b>	<b>£7.95</b>
Served with rice, poppadum and mango chutney	

## BEST OF BRITISH

<b>Ham Egg and Chips</b>	<b>£7.50</b>
Served with peas or beans	
<b>Black Water Pork Sausages</b>	<b>£10.25</b>
Locally reared rare breed pork sausages served with creamy mash, seasonal veg and gravy	
<b>Pieminister Pie of the Day</b>	<b>£10.95</b>
Served with creamy mash, minted mushy peas or garden peas	
<b>Hunters Chicken</b>	<b>£9.95</b>
Served with a smoky BBQ sauce, chips, crisp salad and homemade coleslaw	
<b>Traditional Liver and Bacon</b>	<b>£8.95</b>
Served with creamy mash or chips and seasonal veg	

## VEGETARIAN

<b>Vegetable Burrito</b>	<b>£8.50</b>
Served with chips and salad	
<b>Sicilian Caponata</b>	<b>£7.95</b>
Served with crusty bread	
<i>Additional extra available – Mediterranean Couscous or gluten free bread £1.50</i>	
<b>Three Bean Chilli</b>	<b>£8.95</b>
Served with rice and garlic bread	

## FOR THE LITTLE EATERS

<b>Spaghetti Bolognese</b>	<b>£4.95</b>
Served with garlic bread	
<b>Sausage and Mash</b>	<b>£5.45</b>
Served with peas or beans	
<b>Chunky Chicken Nuggets</b>	<b>£4.95</b>
Served with a Chips, Peas or beans	
<b>Ham Egg and Chips</b>	<b>£4.95</b>
Served with peas or beans	
<b>Hunters Chicken</b>	<b>£5.45</b>
Served with Smoky BBQ sauce, chips and homemade coleslaw	
<b>Fish Goujons</b>	<b>£4.95</b>
Served with chips, peas or beans	
<b>All Day Breakfast</b>	<b>£5.45</b>
1 sausage, 1 bacon, hash brown, 1 eggs, beans or tomatoes and toast	
<i>Additional extras available on request</i>	
<b>Gourmet Beef Burger</b>	<b>£4.95</b>
2oz homemade burger served with all the trimmings, chips and homemade coleslaw	
<i>Additional extra toppings available on request</i>	

Why not go large on any of our meals for £2

Please feel free to check in and rate us on our Facebook Page, Instagram or leave a review on Trip Advisor