

**SANDWICHES & BAGUETTES**

*Sandwiches on soft grain white or granary bread, white baguettes only all made fresh to order, served with salad garnish & coleslaw sandwiches also available toasted*

**MATURE CHEDDAR**  
SANDWICH £4.95 BAGUETTE £5.25

**HOME COOKED HAM**  
SANDWICH £5.50 BAGUETTE £5.95

**BRIE, CRANBERRY & BACON**  
SANDWICH £6.25 BAGUETTE £6.50

**TUNA MAYONNAISE**  
SANDWICH £5.25 BAGUETTE £5.75

**PRAWN SALAD**  
SANDWICH £5.95 BAGUETTE £6.50

**SMOKED SALMON & CREAM CHEESE**  
SANDWICH £5.95 BAGUETTE £6.95

**PATE & CUCUMBER**  
SANDWICH £4.95 BAGUETTE £5.25

**SAUSAGE & ONION**  
SANDWICH £4.75 BAGUETTE £5.25

**SMOKED BACON**  
SANDWICH £5.50 BAGUETTE £5.95

**FISH FINGER & TARTARE SAUCE**  
SANDWICH £5.95 BAGUETTE £6.25

**C.L.T - American chicken fillet, lettuce, tomato & mayo**  
SANDWICH £6.25 BAGUETTE £6.50

**PANINIS** *All priced at £6.95*

**TUNA MELT**  
*Tuna mayo, red onion & mature cheddar*

**HAM & CHEESE**  
**BRIE, BACON & CRANBERRY**

**CHAR GRILLED CHICKEN, PESTO & MOZZARELLA**

**GOATS CHEESE, ROASTED PEPPER & RED ONION CHUTNEY**

**CHICKEN, CHEESE & BBQ SAUCE**  
**TOMATO, MOZZARELLA AND PESTO**

PLEASE ASK IF YOU WOULD LIKE ANY OTHER FILLING OR COMBINATION AND WE SHALL PREPARE IT FOR YOU IF AVAILABLE

**PLEASE ASK FOR GLUTEN FREE & ALLERGEN INFORMATION**

*Due to the nature of kitchens it is unfortunately not possible to totally guarantee that minute traces of particular allergens may not be present in certain dishes, however we endeavour to provide as much information as possible to enable you to make an informed choice*

**PLEASE NOTE:**

Only one bill per table  
A discretionary 10% service charge will be added to tables of 8 or more.



 **THE ANCHOR**  
DANBURY

**LUNCH MENU**

RUNSELL GREEN • DANBURY • ESSEX • CM3 4QZ



## STARTERS

SOUP OF THE DAY <i>Please see the specials boards for today's choice, served with walnut bread</i>	£4.95
PRAWN COCKTAIL <i>Plump prawns in delicious marie rose sauce, crisp lettuce with walnut bread</i>	£6.25
PÂTÉ <i>Chicken liver &amp; pork pate, with warm toast &amp; cranberry sauce</i>	£5.95
WHITEBAIT & CALAMARI <i>Two favourites dusted in fine breadcrumbs, deep fried with tartare sauce</i>	£6.25
SMOKED SALMON <i>Slices of finest highland cure oak smoked salmon, served with wasabi paste &amp; walnut bread</i>	£6.95
CRISPY POTATO SKINS <i>Fried wedges of potato skins with a salad garnish &amp; choice of dip: Garlic mayonnaise, 1000 island, mild chilli, marie rose or BBQ</i>	£5.95

## TRADITIONAL DISHES

CHEESY COTTAGE PIE <i>Finest minced beef, onions, carrots, tomatoes &amp; red wine topped with peppered mash potato &amp; cheese then gratinated.</i>	£12.95
CUMBERLAND SAUSAGE <i>Large spicy sausage spiral on a bed of creamy mash with onion rings &amp; gravy</i>	£10.95
HOME COOKED HAM & EGGS <i>Succulent gammon ham, sliced on the premises, served with 2 barn laid eggs</i>	£11.95
STEAK & KIDNEY PUDDING <i>Individual suet pudding filled with prime beef, kidneys &amp; mushrooms, in an ale gravy topped with onion rings &amp; stock gravy</i>	£14.50
STEAK PIE <i>A generous slice of shortcrust pastry pie packed full of prime steak full of flavour, served with a jug of stock gravy</i>	£14.95

GAMMON STEAK <i>Grilled 10oz smoked gammon steak, served with onion rings, grilled tomato &amp; either pineapple or fried egg</i>	£14.95
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UNLESS OTHERWISE STATED ALL DISHES COME WITH A CHOICE OF CHIPS, JACKET POTATO, NEW POTATOES OR MASH POTATO AND MIXED VEGETABLES, PEAS OR SALAD.

## SOMETHING SPICY

CHILLI CON CARNE <i>Prime minced beef, red &amp; green chillies &amp; kidney beans, served with rice &amp; tortilla chips</i>	£10.95
CHICKEN BALTI <i>Pieces of tender chicken breast, tomatoes, onion &amp; peppers, served with rice, naan bread, onion bhaji, vegetable samosa &amp; pappadum</i>	£14.95
LAMB TAGINE <i>Tender pieces of lamb fillet, slowly cooked in moroccan herbs, fruits &amp; spices. Served with pearl cous cous</i>	£14.95

## FISH BAR

TRIPLE TAIL SCAMPI <i>Succulent whole scampi tails, rolled in breadcrumbs &amp; golden fried</i>	£11.95
DEEP FRIED SEAFOOD PLATTER <i>Scampi, calamari, whitebait, plaice goujons, fish cakes &amp; chilli mango prawns</i>	£15.95
ANCHOR FISH CAKES <i>Salmon and mixed white fish bound with potato, herbs &amp; spices</i>	£11.95
COD FILLET, HADDOCK FILLET or PLAICE FILLET <i>A prime, fresh, skinned &amp; pinned fillet, coated in our own cider batter &amp; deep fried until crisp &amp; golden, served with tartare sauce</i>	

GRILLED SKATE WING <i>With black pepper and lemon</i>	
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FOR FRESH FISH, PLEASE ASK FOR TODAY'S MARKET PRICE

PLEASE NOTE ALL FISH DISHES MAY CONTAIN SMALL BONES

UNLESS OTHERWISE STATED ALL DISHES COME WITH A CHOICE OF CHIPS, JACKET POTATO, NEW POTATOES OR MASH POTATO AND MIXED VEGETABLES, PEAS, MUSHY PEAS OR SALAD.

## VEGETARIAN SELECTION

BUTTERNUT SQUASH, STILTON & SPINACH RISOTTO <i>Tender rice with butternut squash &amp; wilted spinach in a creamy stilton sauce</i>	£11.95
ROASTED BUTTERNUT SQUASH & SPINACH LASAGNE <i>With oyster &amp; chestnut mushrooms, fresh basil sauce, béchamel &amp; mozzarella</i>	£11.95
MUSHROOM, STILTON & ROCKET TORTELLINI <i>Wild mushroom pasta parcels in a creamy stilton &amp; rocket sauce</i>	£11.95
ALL OF THE ABOVE ARE SERVED WITH GARLIC BREAD & SALAD	
VEGETABLE SHEPHERDS PIE <i>Mixed vegetables, lentils &amp; beans topped with goats cheese mash</i>	£10.95
BRIE, POTATO & COURGETTE CRUMBLE <i>Creamy brie sauce, layers of potato &amp; courgette topped with breadcrumbs, almonds, cheese, sesame seed &amp; parsley crumble</i>	£11.95
SWEET POTATO, CHICKPEA & SPINACH CURRY (Vegan) <i>In a rich coconut flavoured sauce</i>	£11.95

## PASTA DISHES

LASAGNE <i>Prime beef, tomatoes &amp; herbs layered in pasta topped with a creamy béchamel sauce &amp; grated cheese</i>	£11.95
TAGLIATELLE CARBONARA <i>Ribbons of spinach and egg pasta with smoky bacon, cooked in a creamy mature cheddar parmesan and mushroom sauce</i>	£11.95
ALL OF THE ABOVE ARE SERVED WITH GARLIC BREAD & SALAD	

## PLOUGHMAN'S LUNCH

*A freshly baked baguette with sweet pickle, salad, coleslaw, apple & pickled onion*

FISHERMAN'S <i>Prawns, smoked salmon &amp; mackerel</i>	£9.95
COUNTRYMAN'S <i>Home cooked gammon ham</i>	£9.25
FARMER'S <i>Cheddar, brie &amp; stilton</i>	£9.25
ANCHOR PLOUGHMAN'S <i>Pate, gammon ham, pork pie and your choice of cheese to accompany: Brie, Stilton or Cheddar</i>	£11.95

## JACKET POTATOES

*A large freshly cooked potato with butter & choice of filling all served with salad*

SOMERSET <i>Grated mature cheddar</i>	£6.50
MEXICAN <i>Spicy chilli beef</i>	£7.25
WOODLAND <i>Mushrooms in garlic butter</i>	£6.50
PORKIE <i>Fresh gammon ham</i>	£6.95
SEAFOOD <i>Prawns in mayo or marie rose sauce</i>	£7.50
SPANISH <i>Flaked tuna with mayo &amp; sweetcorn</i>	£6.50
FRENCH <i>Creamy brie with cranberry sauce</i>	£6.50
ADDITIONAL FILLINGS: <i>Coleslaw, baked beans or cheese</i>	£1.00

## SALAD BOWLS All priced at £9.95

*Salads made fresh to order, if you require an alternative salad. Please ask and if the ingredients are available it can be prepared for you*

## AVOCADO & PRAWNS

## GRATED GOATS CHEESE, BACON & WALNUT

## WARM SMOKED PEPPERED MACKEREL

## CHICKEN CAESAR

## SIDE ORDERS

CHIPS	£2.75
CURLY FRIES	£2.95
CHEESY CHIPS	£3.25
BREAD & BUTTER	£1.35
BAGUETTE & BUTTER	£1.55
GARLIC BREAD	£1.55
GARLIC BREAD & CHEESE	£2.50
ONION RINGS	£2.75
MEDLEY OF FRESH VEGETABLES	£2.25
RICE	£2.25
SIDE SALAD	£2.25
BAKED BEANS	£1.00
FRIED EGG	£0.60

**PLEASE SEE THE SPECIALS BOARDS FOR FURTHER CHOICES**