

# STARTERS

<b>OLIVES &amp; BREAD</b> <i>Home marinated olives served with a selection of oils, vinegars, and speciality breads</i>	£4.95	<b>CHILLI MANGO BREADED KING PRAWNS</b> <i>King prawns marinated then coated in breadcrumbs &amp; deep fried served with a sweet chilli dip</i>	£6.25
<b>GOATS CHEESE SALAD</b> <i>Grated goats cheese, bacon and walnuts served on mixed leaves and drizzled with balsamic syrup</i>	£5.95	<b>SAUTÉED MUSHROOMS</b> <i>Button mushrooms sliced &amp; sautéed in either garlic &amp; herb butter or sweet chilli, served with garlic bread to soak up the sauce</i>	£5.25
<b>CRISPY POTATO SKINS</b> <i>Wedges of potato skins deep fried with a salad garnish &amp; choice of dip: Garlic mayonnaise, BBQ sauce, sweet chilli, or sour cream, 1000 island</i>	£5.95	<b>WHITEBAIT &amp; CALAMARI</b> <i>Two favourites dusted in fine breadcrumbs, deep fried &amp; served with tartare sauce</i>	£6.25
<b>TRADITIONAL PRAWN COCKTAIL</b> <i>Made with plump prawns in a delicious marie rose sauce with crisp lettuce served with walnut bread &amp; butter</i>	£6.25	<b>SMOKED SALMON</b> <i>Slices of the finest highland cure oak smoked salmon, with wasabi paste &amp; walnut bread</i>	£6.95
<b>PATÉ</b> <i>Chicken liver &amp; pork pâté, served with warm toast &amp; cranberry sauce</i>	£5.95	<b>SOUP OF THE DAY</b> <i>Please see the boards or ask for today's choice served with walnut bread</i>	£4.75

# MAIN COURSE

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

## FROM THE CHAR GRILL

<b>FILLET STEAK</b> <i>An 8oz prime cut of beef fillet</i>	£25.95
<b>PRIME 8OZ SIRLOIN STEAK</b> <i>An 8oz tasty prime sirloin steak</i>	£20.95
<b>10OZ SMOKED GAMMON STEAK</b> <i>10oz gammon steak served with either pineapple or fried egg</i>	£14.95
<b>MIXED GRILL</b> (Not for the faint hearted) <i>Steak, lamb chop, chicken breast, sausage &amp; smoked gammon, served with a fried egg</i>	£18.95

All served with onions, peppers, mushrooms & tomato on a sizzling platter.

Peppercorn or Stilton sauce £2.50 supplement

ALL WEIGHTS ARE APPROXIMATE UNCOOKED WEIGHTS

## TRADITIONAL DISHES

<b>CHEESY COTTAGE PIE</b> <i>Prime minced beef with onions, tomatoes &amp; carrots, topped with peppered mash potato &amp; cheese, then gratinated</i>	£12.95
<b>CUMBERLAND SAUSAGE</b> <i>A spiral of sausage, lightly spiced giving it its unique flavour served with mash, onion rings &amp; rich stock gravy</i>	£10.95
<b>HOME COOKED HAM &amp; EGGS</b> <i>Succulent gammon ham, sliced on the premises, served with 2 fresh barn laid eggs</i>	£11.95
<b>STEAK &amp; KIDNEY PUDDING</b> <i>Individual suet pudding, packed full of prime beef &amp; kidneys in gravy, served with onion rings and rich gravy</i>	£14.50
<b>STEAK PIE</b> <i>A generous slice of shortcrust pastry pie, full of meat, served with a jug of rich stock gravy</i>	£14.95

## SOMETHING SPICY

<b>CHICKEN BALTI</b> <i>Tender pieces of chicken breast, tomatoes, peppers &amp; onion in a rich balti sauce. Served with rice, onion bhaji, vegetable samosa, pappadum &amp; naan</i>	£14.95
<b>CHILLI CON CARNE</b> <i>Prime minced beef, red &amp; green chillies, tomatoes, spices &amp; kidney beans, served with rice &amp; tortilla chips</i>	£10.95
<b>LAMB TAGINE</b> <i>Tender chunks of lamb, slowly simmered in an authentic blend of moroccan fruits, herbs &amp; spices, served with pearl couscous</i>	£14.95

## FISH BAR

<b>TRIPLE TAIL SCAMPI</b> <i>Succulent pieces of the finest whole tail scampi, deep fried in golden breadcrumbs</i>	£11.95
<b>DEEP FRIED SEAFOOD PLATTER</b> <i>Scampi, calamari, whitebait, plaice goujons, fish cake, chilli prawn, deep fried in a seasoned batter/breadcrumb</i>	£15.95
<b>ANCHOR FISH CAKES</b> <i>Salmon &amp; mixed white fish bound with potato, herbs &amp; spices.</i>	£11.95
<b>COD FILLET, HADDOCK FILLET or PLAICE FILLET</b> <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>	
<b>GRILLED SKATE WING</b> <i>With black pepper and lemon</i>	

FOR FRESH FISH, PLEASE ASK FOR TODAY'S MARKET PRICE

PLEASE NOTE ALL FISH DISHES MAY CONTAIN SMALL BONES

## VEGETARIAN OPTIONS

<b>BUTTERNUT SQUASH, STILTON &amp; SPINACH RISOTTO</b> <i>Tender rice with chunks of butternut squash &amp; wilted spinach in a rich stilton sauce</i>	£11.95
<b>ROASTED BUTTERNUT SQUASH &amp; SPINACH LASAGNE</b> <i>With oyster &amp; chestnut mushrooms, fresh basil sauce, béchamel &amp; mozzarella,</i>	£11.95
<b>MUSHROOM, STILTON &amp; WILD ROCKET TORTELLINI</b> <i>Wild mushroom pasta parcels in a creamy stilton &amp; rocket sauce</i>	£11.95
<i>All of the above is served with Garlic Bread &amp; Salad</i>	
<b>BRIE, POTATO &amp; COURGETTE CRUMBLE</b> <i>Creamy brie sauce, layers of potato &amp; courgette topped with breadcrumbs, almonds, cheese, sesame seed &amp; parsley crumble</i>	£11.95
<b>VEGETABLE SHEPHERDS PIE</b> <i>Vegetables, lentils &amp; beans topped with a creamy goats cheese mash, served with mix vegetables</i>	£10.95
<b>SWEET POTATO, CHICKPEA &amp; SPINACH CURRY (Vegan)</b> <i>In a rich coconut flavoured sauce</i>	£11.95

## PASTA DISHES

<b>LASAGNE</b> <i>Prime minced beef, tomatoes &amp; herbs, layered between pasta sheets and topped with a creamy béchamel sauce &amp; grated cheese</i>	£11.95
<b>TAGLIATELLE CARBONARA</b> <i>Ribbons of spinach and egg pasta with smoky bacon, cooked in a creamy mature cheddar parmesan and mushroom sauce</i>	£11.95
<i>All of the above are served with Garlic Bread &amp; Salad</i>	

PLEASE NOTE ONLY ONE BILL PER TABLE, A DISCRETIONARY 10% SERVICE CHARGE IS ADDED TO TABLES OF 8 OR MORE

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.



# THE ANCHOR

DANBURY

RUNSELL GREEN • DANBURY • ESSEX • CM3 4QZ