

THE ANCHOR INN

STARTERS

Soy & Ginger King Prawns 9

Sticky soy and ginger shell-off prawns with salad and toast GfO

Soup of the Day 7.5

Bakery bread Ve GfO - see specials board

Smoked Salmon Carpaccio 8.5

Dill and lemon sour cream dressing on crostini with caper berries and rocket GfO

Flame-Charred Goats Cheese 9

A bed of chargrilled aubergine, courgette and Mediterranean medley, red pepper coulis and candied nuts Gf, V

Classic Prawn & Avocado Cocktail 10

Marie Rose sauce, fresh bakery bread and butter GfO

MAINS

Mediterranean Pan-Fried Gnocchi 16.5

Caper, red onion, mixed olives, cherry tomatoes and tenderstem broccoli cooked in white wine, garlic and parsley dressed with extra virgin olive oil and toasted pine nuts Ve

Traditional Beef Ragu Lasagne 15.5

An Italian classic, made traditionally and served with garlic ciabatta

Chickpea, Red Lentil and Coriander Dhal 14.50

Fragrant and fulfilling dhal, with black bean rice and naan bread GfO, Ve

Cuban Mojo Marinated Chicken Supreme 17

Skin on chicken wing and breast, slowly marinated in citrus and traditional Cuban herbs, finished with chilli, black bean rice and roasted vegetables Gf *please allow a slightly longer cooking time for this dish, usually around 20-25 minutes*

Mussel, Prawn and Clam Linguini 19.5

Fresh rope-grown mussels, clams and king prawns in a simple cherry tomato, onion, herb and garlic butter with white wine

Lew Howard 8oz Rib Eye Steak 24.5

Portobello mushroom, beef tomato, chips and peppercorn sauce with salad garnish GfO

Newhaven Fish and Chips 16.5

Beer battered cod fillet with garden peas, chips, lemon and homemade tartare

Wholetail Scampi 14.5

Our classic scampi, chips and salad with lemon and homemade tartare sauce

The Anchor Burger 14.5

6oz beef patty, gherkin, monterey jack cheese, lettuce, red onion, tomato, in a brioche style bun with chips GfO

SHARERS

Oven Baked Camembert 16.5

Lashings of toasted bread with local chutneys V

Mezze Board 17

Selection of cured meat with pecorino, sundried tomatoes, breads and olives GfO

BAR SNACKS & NIBBLES

Chilli Nachos 7.5

Choose beef or vegan chilli with cheese, salsa, jalapenos, guacamole and sour cream Gf VeO

Bread, Butter & Oils 6.5

Warm breads and balsamic oil dip VeO GfO

Toasted Pitta & Hummus 6.5

Warm pitta breads, hummus Ve

Mixed Olives 4, Chips 4, Garlic Ciabatta 3.75 +75p with Cheese