

ANCHOR INN

AT LOWER FROYLE

Aperitif

Blue Skies Cocktail Company Negroni	8.5
Aperol Spritz	8.5
Campari & Soda	3
Blue Skies Cocktail Company Bloody Mary	8.75

Starters

Breads, <i>olive oil & balsamic</i>	4
Confit Duck Bonbon's, <i>rhubarb</i>	5.5
Soup of The Day, <i>crusty bread (vg)</i>	6
Ham Hock Terrine, <i>pickles, sourdough toast</i>	7.5
Wild & Portobello Mushrooms on Toast, <i>garlic & parsley cream</i>	7.5
St James' Scottish Smoked Salmon, <i>watercress, shaved fennel</i>	7 14
Warm Kale Salad, <i>beetroot, crumbled goats' cheese, balsamic & toasted hazelnut crumb</i>	7
add pan-roasted pigeon breast & bacon	12.5

Pub

Crispy-Battered Haddock, <i>chunky chips, minted peas, tartare sauce</i>	14
Pan-Fried Seabass Fillet, <i>artichoke, leek & potato hash, cider butter sauce</i>	15.5
British Brisket Burger, <i>ruby slaw, baby gem, fries, onion relish</i>	12.5
	add bacon 1
	add mature cheddar 1
Chicken & Leek Pie, <i>buttered greens, mash</i>	14
Steak, Ale & Suet Pudding, <i>buttered kale, champ</i>	14
Roasted Squash & Red Thai Vegetable Curry (v)	13
Lentil & Sweet Potato Burger, <i>field mushroom, relish, French fries (v)</i>	14
Pressed Lamb Shoulder, <i>potato terrine, sprouting broccoli, salsa verde</i>	16.5
Pan-Fried 8oz Rump, <i>confit shallot, tomato, pulled beef, mash</i>	17.5

Sundays

<i>Served with cauliflower cheese, red cabbage, seasonal greens, roast potatoes, Yorkshire pudding, pan gravy</i>	
Roast Beef	18.5
Roast Pork	
Roast Lamb Shoulder	

A bit on the side

Buttered Kale	Chunky Chips	Roasted Squash & Chilli	3.5 ea
Rocket, Watercress & Parmesan	Mac 'N' Cheese	Buttery Mash	
French Fries		Artichoke & Potato Hash	

If you have any food allergy or intolerance query, please speak to a team member who will be happy to help.
Please be aware that all our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present.
vg=vegan, v=vegetarian, gf=gluten free

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Puddings

Pear & Almond Tart, <i>chocolate sauce</i>	6
Dark Chocolate Truffle Torte	7
Lemon Meringue Pie	6
Bramley Apple & Cinnamon Crumble, <i>custard</i>	6
Sticky Toffee Pudding	6
	add a scoop of ice cream 1.5
Three scoop selection of dairy ice cream or sorbets	6
British Cheese Plate, <i>crackers, grapes, chutney</i>	8.5

Digestifs

Sandeman Tawny 10 year Port	6.5
Sandeman LBV Port, 2013	5.5
Blue Skies Cocktail Company Old Fashioned	8.5
Glenmorangie Whisky	4.85

Stickies (100ml)

'Dulche' Monastrel DO Yecla, Familia Castaño, Murcia, 2013 <i>flavours of plum jam & fig, a rich nose of stewed fruit</i>	7.25
Sauternes, Château Delmond, Bordeaux, 2016 <i>apricot, honey, & peach, pale gold, floral & stone fruit aromas</i>	7.5
Pedro Ximénez El Candado Sherry, <i>intense dried fruit, raisin & fig, subtle aromas of coffee & chocolate</i>	5.25

Teas

English Breakfast/Earl Grey	3
Chamomile	3
Green Tea/ Peppermint	3

Coffees

Single/Double Espresso	2.5/3
Americano	3
Latte/Cappuccino	3.5
Mocha	3.5

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