

## LUNCH & SUPPER

### SNACKS & BITES

Mixed Olives & baked Piquillo red peppers £5  
GF, VG

Anaheim green Chillis pickled £5  
GF, VG

Freshly baked bread rolls & first pressed virgin  
Olive oil & balsamic £7  
GFO, VGO, V

Cured meats, Milano salami, Serrano ham, Chorizo,  
pickled Cornichons & silver skin Onions £8 GF

Homemade Soup of the day  
toasted sourdough £7 V, VGO, DF, GFO

### SMALL PLATES

#### VEGETARIAN

Baked figs, pear harissa, soft "cheese",  
pomegranate molasses £8 VG (contains nuts)

Ardleigh strawberry bruschetta, balsamic  
marinated strawberries, lemon feta, mint,  
wasabi crumb £8.50 V, GFO, VGO

#### FISH & CRUSTACEA

Kiln smoked haddock scotch egg, spring  
onion, rocket & tahini verde £10

Prawn Marie Rose tartlet, baby gem,  
pickled cucumber £10

#### MEAT

Pulled Duck croquette, Asian salad, hoi sin £9

Chicken & Serrano ham terrine, Almond & rocket  
pesto, pickled fennel salad £8 GFO

Honey & five spice chicken wings, rice  
cracker, coriander mayo, garlic & chilli oil  
£9 DF, GFO

## MAINS

### MEAT

Chargrilled Steak Frites *Small* £14; *Large* £21.50

30-day aged Longhorn Sirloin, (Served medium) garlic &  
rosemary roasted shiitake mushrooms and tomato, red onion  
& basil vierge, skin on fries GFO, DFO

**Peppercorn sauce or roasted Garlic & tarragon butter**

Anchor Chicken Caesar Burger £17

Chargrilled Brioche bun, Caesar dressing, parmesan, crispy Parma  
ham, baby gem, skin on fries GFO, DFO

Braised pork shoulder £17

Pappardelle, milk braised pork, roasted butternut squash, lemon &  
sage GFO

### FISH & CRUSTACEA

Local ale battered Fish of the Day & Chips *Small* £13; *Large* £16.50 GFO  
Homemade tartare sauce, add...crushed or Garden peas £2.50

Wivenhoe Landed plaice £22

Ardleigh beetroots, masala sauce, fennel salad, pickled roe GFO

### VEGETARIAN & VEGAN

Tempura tofu "fish" burger £16

Nori sauce tartare, pickled cucumber, spring leaves, crispy samphire,  
Skin on fries VG, GFO

Great Walingfeild oyster mushroom shawarma £17

Israel tabbouleh salad, Turkish pickles, tzatziki, bazlama bread VG, GFO

## SUNDAY LUNCH

**All include roast potatoes, Yorkshire pudding, vegetable Panaché,  
Celeriac purée**

Longhorn rump roast Beef £22 GFO, DFO

Suffolk pork belly £18 GFO, DFO

Pan roasted thyme & garlic chicken £18 GFO, DFO

Saltmarsh breast of confit lamb £19 GFO, DFO

Plant Based Tofu 'gammon' roast £17 VG, GF  
roast potatoes, Yorkshire pudding, vegetable Panaché VG

## SIDES

Broccoli, aubergine, parmesan & aged  
cheddar gratin £5

Pigs in blankets £4 DF

Sage & onion pork stuffing £4

Roast Potatoes £4 DF, VG, V, GF

Vegetable Panaché £5 DFO, VGO, V, GF

Charred hispi, tomato chutney, crispy  
onions £6 DF, VG, V, GF

Roasted honey & rosemary carrots £4 GF

Chunky chips £4 GF

Skin on fries £4 GF



### The Anchor Sessions

The Anchor, our handsome Inn, within the  
equally aesthetically pleasing ancient village  
of Nayland, is the very proud base for live  
music events with elite international artists.

Anchor Sessions, a music club for fellow  
music lovers, launched this exciting  
development in June 2023

GF- Gluten Free | GFO – Gluten free on  
request | V - Vegetarian | VG - Vegan | VGO –  
Vegan on request | DF – Dairy Free | DFO –  
Dairy Free on request

Please let a team member know of ALL allergies or  
dietary requirements when ordering, as some dishes  
may need to be adapted for your requirements. We  
cannot guarantee that dishes do not contain bones,  
nuts or shot.