

## 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

### SMALL PLATES

#### VEGETARIAN

Baked figs, pear harrisa, soft "cheese",  
pomegranate molasses £8 VG, GF

Aged cheddar & sundried tomato rarebit on  
crumpet £6 V, GFO

#### FISH & CRUSTACEA

Whipped smoked cod's roe, hash  
brown, egg yolk, pork puff £9 GF

Suffolk 'Aspall' cider & chorizo steamed Welsh  
Mussels, Fennel, sourdough £7 DF, GFO

#### MEAT

Pulled Duck croquette, Asian salad, hoi sin £9 DF

Chicken pakora, lime pickle mayo,  
kamchumber £7 GF

### TO START

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

Chicken gyoza, burnt leek & chicken broth,  
chilli, sesame, coriander £9

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

## MAINS

#### MEAT

Chargrilled Steak Frites *Small* £14; *Large* £19.<sup>50</sup>

30-day aged Longhorn Sirloin, (Served medium) roasted

Tomatoes & Onions, French fries GFO, DF

Peppercorn sauce <sup>or</sup> roasted Garlic & tarragon butter

Anchor Burger £17

Chargrilled Brioche bun, lamb & beef kofta burger, tahini garlic  
sauce, pickled red cabbage, sumac onions, cheese, fries GFO, DFO

Homemade Pie of the Day £17

Puff pastry pie, roast potatoes, vegetable Panaché

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* £12; *Large* £16 GFO

Homemade tartare sauce, add...crushed <sup>or</sup> Garden peas £2.<sup>50</sup>

Welsh moules £16

White wine, garlic, parley, cream, garlic aioli, crusty bread GFO

#### VEGETARIAN & VEGAN

Tempura tofu "fish" burger £16

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

Tahini roasted cauliflower £17

Lemon gnocchi, spiced butterbean purée, pickled cauliflower VG, GFO

## SUNDAY LUNCH

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

Longhorn Striploin roast Beef £22 GFO, DFO

Suffolk pork belly £18 GFO, DFO

Pan roasted thyme & garlic chicken £18 GFO, DFO

Saltmarsh shoulder of confit lamb £19 GFO, DFO

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

## SIDES

Cauliflower, leek, parmesan & aged  
cheddar gratin £4

Pigs in blankets £4 DF

Sage & onion pork stuffing £4

Roast Potatoes £4 DF, VG, V, GF

Vegetable Panaché £3.50 DFO, VGO, V, GF

Red cabbage £3.50 DF, VG, V, GF

Roasted roots £3.50 GF

French fries £3.50 VG, GF

Chunky chips £3.50 VG, GF

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.



### 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