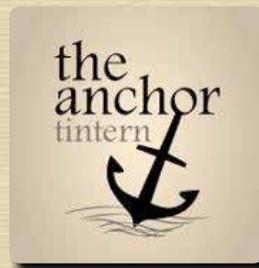
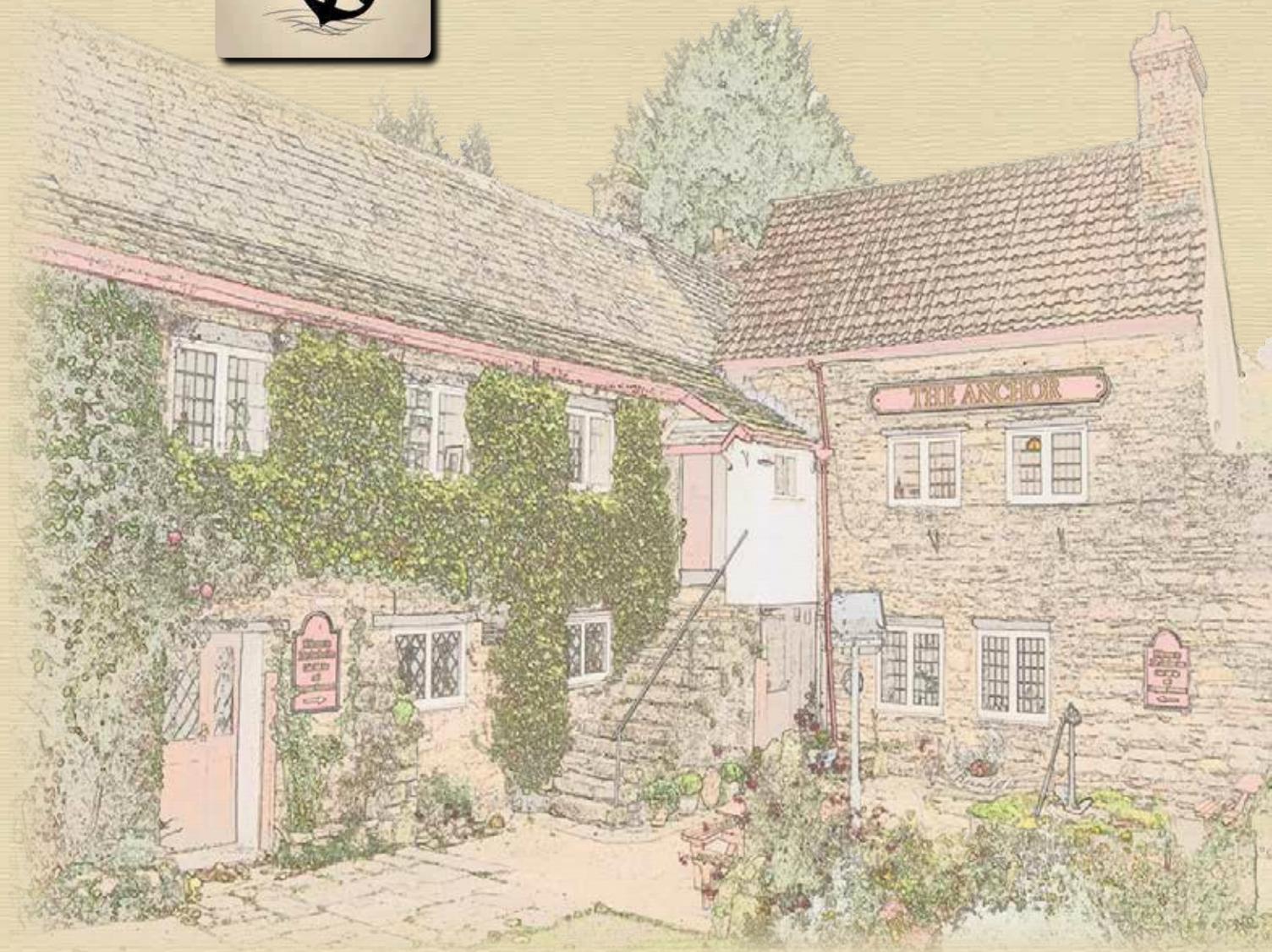


All our food is freshly prepared and cooked to order, during busy periods this may mean a wait for food, we appreciate your patience.



Café Menu

Ask to see our
Specials Board
for today's selection
of specials



✔ Suitable for Vegetarians. All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients.

If you have a food allergy, please let us know before ordering.

Full allergen information is available on request.



Tintern, Chapel Hill, NP16 6TE
contact@theanchortintern.co.uk
www.theanchortintern.co.uk



The Anchor Inn

Tel: 01291 689582

HOT DRINKS

Colombian Filter Coffee	£2.80
Americano	£2.80
Latte <i>(available in skinny)</i>	£2.80
Cappuccino	£2.80
Mocha	£2.80
Espresso	£2.00
Double espresso	£2.80

Soya milk available on request & all coffees available in decaf

English pot of tea for one	£2.00
Earl grey, decaffeinated & a selection of fruit teas	£2.10

HOT CHOCOLATE

Standard	£2.80
Topped with marshmallows and cream	£3.50
Giant marshmallows or flakes on the side	£0.50

COLD DRINKS

Still or sparkling water	£1.70
Bottled fair trade orange/apple juice	£2.70
Elderflower pressé	£2.60
A range of various Fentimans vintage drinks	£2.50
Coca cola, diet coke, lemonade	½ pint £1.55 pint £3.10
Radnor fruits <i>(meets school sugar guidelines)</i>	£1.80
A selection of canned drinks	£2.00

please note; our food is prepared freshly on the premises & during busy periods this may take time

A LITTLE SOMETHING TO GO WITH YOUR DRINK...

Toasted tea cake with preserve	£2.25
Welsh cake	£0.60
Flowerpot muffin	£2.50
Scone and butter	£1.95
Scone with preserve and clotted cream	£2.50
Cheese scone and butter	£2.50
Selection of cakes and tray bakes from	£2.50

Gluten free cakes available - please ask a server

GARDEN ROOM CREAM TEA

Including scone, preserve, Clotted cream and pot of tea or a filter coffee	£3.95
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FROM THE SANDWICH COUNTER

Served on soft grain white or malted wheat bread

Free range egg mayonnaise & watercress V	£3.25
Mature cheddar & pickle V	£3.50
Home cooked honey glazed ham & salad	£3.75
Prawn marie rose	£3.90
Tuna and red onion mayonnaise	£3.90
Chicken & bacon mayonnaise, rocket	£4.25

PANINIS

(all served with a salad garnish)

Tomato, roast pepper, hummus and tintern cheddar V	£5.25
Chicken, mushroom, pesto and mozzarella	£5.75
Tuna, red onion and cheddar	£5.95

BAKED POTATOES

(all served with a salad garnish)

Just Butter V	£4.25
Mature Cheddar V	£4.95
Mature Cheddar and beans V	£5.70
Mature Cheddar and coleslaw V	£5.95
Tuna and red onion mayonnaise	£6.25
Prawn Marie rose	£6.25
Chicken and bacon mayonnaise	£6.50
Homemade chilli and mature Cheddar	£7.00

PLOUGHMAN'S LUNCH £8.25

Mature cheddar, tintern cheddar, mixed salad, pickle, crusty bread, celery, grapes and a pickled onion **V**

Add ham for £1.50

FRESHLY BAKED QUICHE £9.50

(please ask at the counter for available flavours)

Served with freshly tossed salad and homemade coleslaw

KIDS BOX MEAL DEAL £5.95

Choose either:

A cheese, ham, or tuna sandwich

PLUS

Packet of pom bears
Freddo chocolate bar
Apple or orange juice carton
Pack of dried fruit
Colouring sheet and crayons