

Served 12 til 9pm
Monday to Saturday &
Sunday after lunch

Main Menu



A warm welcome from the Team here at The Anchor in Tintern.

Let our staff take care of you – we will come to you for a food order, drinks can be served from the bar or order from your table with a Team member.

All dishes cooked fresh to order, during peak times you may experience a delay, we appreciate your patience

TO START

Haddock & smoked salmon fishcake £5.50
with a baby leaf salad & tartare sauce

Pulled pork & black pudding bon bon's £5.50
on an apple & walnut salad

Farmhouse paté GF £5.50
served with toast & our red onion marmalade

Wild mushroom & rosemary risotto V GF (VG please ask staff) £5.50
topped with rocket & parmesan

SHARING? CREATE YOUR PLATE

Nachos Tortilla Chips V GF £5.75
topped with mozzarella & cheddar, guacamole, tomato salsa, red drop peppers and sour cream

Add any of the following for £2.00
Pulled pork | beef chilli | Cajun chicken | vegetarian three bean chilli V All GF

ANTIPASTI YOUR WAY

Hummus, bread and olives V GF £6.50
+ Continental meat selection GF £6.00
+ Mediterranean vegetarian option V GF £6.00

FROM THE GRILL

All our steaks are 21 day mature British sourced & served with chargrill tomato, pan fried button mushroom & watercress

8oz Rump steak GF £15.00

8oz Sirloin steak GF £18.50

10oz Gammon steak GF £11.00

with chargrilled pineapple & fried egg

The Anchor mixed grill £19.50

Rump, gammon, chicken breast, sausage, lamb chop & black pudding with onion rings & a fried egg

RIBS & CHICKEN

All our ribs are rubbed with our own blend of spices & slowly cooked before being smothered in our secret BBQ sauce. All served with chips, slaw & salad

½ rack of ribs GF £10.00

Full rack of ribs GF £15.00

Chicken & ribs GF £14.50

Rump & ribs GF £18.75

Rump, ribs & chicken GF £21.75

Choose from any of the below flavours of chargrill chicken

Plain & simple GF | Cajun spiced GF | lemon & thyme, garlic GF | sweet chilli | buttermilk coated

Have them on their own for.... £9.75

ANCHOR FAVOURITES

Kingstone beer battered haddock GF £9.75
with chips, minted pea puree, homemade tartare sauce & lemon

Deep fried wholetail scampi £9.50
with chips, peas, homemade tartare sauce & lemon

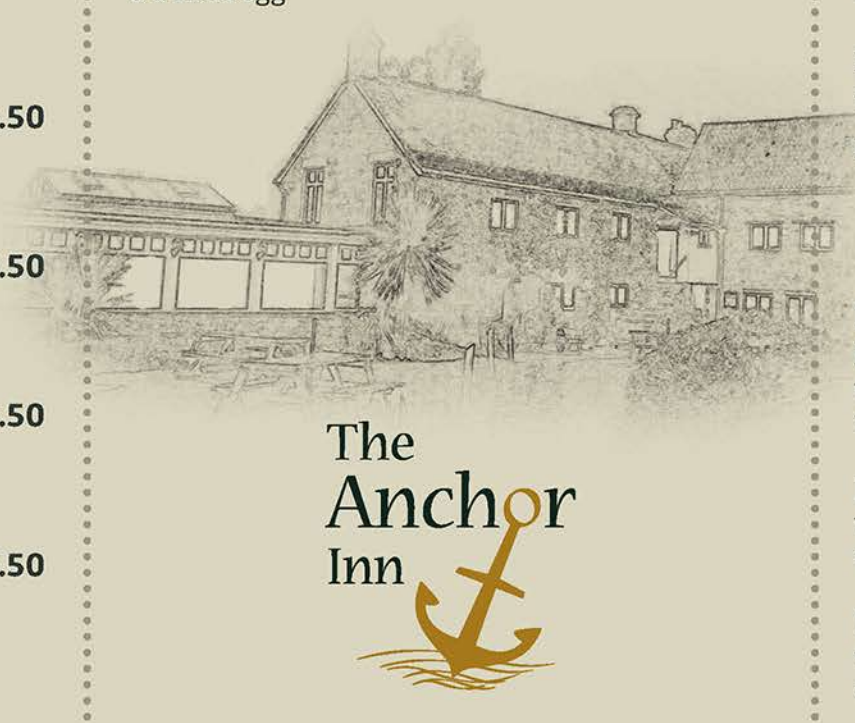
Beef & Wye Valley ale pie £9.75
topped with a shortcrust lid served with a choice of potato & peas

Chargrilled Hunters chicken £9.75
chicken breast topped with BBQ sauce, bacon & cheddar served with chips & salad.

Trio of sausages £9.50
on a creamy mash topped with a cider & onion gravy

Beef or three bean chilli V GF £9.25
with rice, and topped with guacamole, sour cream, tomato salsa and nachos.

Butter chicken curry GF £9.50
served with rice & a poppadum
Add a naan for £1



The
Anchor
Inn

BUILD YOUR BURGER

Choose any of the burgers then top it up!
All served with a Pretzel bun, chips, and slaw

Beef burger £9.50

Lamb burger £10.00

Chargrilled chicken £9.50

(GF please ask staff)

Buttermilk chicken £9.50

Thai spiced quinoa burger £9.50

V GF (VG please ask staff)

Falafel & spinach burger V £9.50

...Add any of these for £1

Smoked streaky bacon | cheddar | applewood | chorizo | onion rings | guacamole | BBQ sauce

...Or any of these for £1.50

Pulled pork GF | beef chilli | macaroni cheese | vegetarian chilli V GF

**See over for our Salads,
Pastas, Coffees and
other treats**

SALAD & PASTA

- Chicken & bacon Caesar salad** **GF** £9.50
- Goats cheese, apple & walnut salad** **GF** £9.50
- Superfood salad** **V GF VG** £9.25
Beetroot, avocado, chickpea & pomegranate tossed salad
- Sliced Buttermilk chicken salad** £9.50
- Traditional ham & cheese Ploughman's** **V GF** £9.00
- Beef or Mediterranean vegetable Lasagne** **V** £9.00
Topped with parmesan & served with garlic bread
- Chicken & bacon linguine** £9.75
in a light white wine cream sauce
- Penne in a chunky ratatouille** **V VG** £8.50
served with a side salad
- Macaroni cheese** **V** £8.50
with garlic bread & a side salad

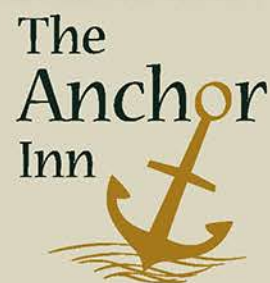
SOMETHING ON THE SIDE all at £2.50

- Chunky Chips** **V GF VG**
- Sweet Potato Fries (+50p)** **V GF**
- Creamy Mash** **V GF**
- Garlic Bread** **V GF**
- Onion Rings** **V**
- Macaroni Cheese** **V**
- Seasonal Vegetables** **V GF**
- Side Salad** **V GF VG**

COFFEE

We serve Puro, which has Fairtrade values, love for the natural world, and is carbon balanced. Roasting coffee with energy borrowed from the sun, their organic coffee waste is delivered back into the earth, and their packaging is re-born to live once more.

- Espresso** £2.40
- Americano** £2.80
- Latte** £2.80
- Cappuccino** £2.80
- Mocha** £3.00
- Hot chocolate** £2.80
- English tea** £2.30
- Specialist & fruit teas from** £2.30



MAKE A SHAKE for £4.75

Pick any 2 ice cream scoops
Then add your sauce
Toffee | chocolate | strawberry | raspberry

...and finally your topping
Whipped cream | chocolate drops | nuts
smarties | marshmallows

ICE CREAMS

Our ice cream is from Marshfield Farm Ice Cream. They have been creating real dairy ice cream on their West Country family farm for 30 years. From the early start each day in the milking parlour, to creating sensational new recipes in their ice creamery, making the very best dairy ice cream is a way of life at Marshfield Farm – come rain or shine!

Made from their own organic milk and 100% natural ingredients there is something for everyone.

Check out our full range in the tearoom.

- Vanilla Clotted Cream** **GF**
- Blackcurrants in Clotted Cream** **GF**
- Strawberries in Clotted Cream** **GF**
- Caramel Fudge in Clotted cream** **GF**
- Cookies and Cream**
- Chocoholic Heaven** **GF**
- Mint Choc Chip** **GF**
- Salted Caramel** **GF**
- Raspberry Ripple Pavlova**
- Coffee Mocha** **GF**
- Rhubarb & Custard** **GF**
- White chocolate & honeycomb** **GF**
- Lemon Sorbet** **GF VG**
- 1 scoop £2.00 | 2 scoops £3.75 | 3 scoops £5.25



**See our blackboards
for today's specials and
desserts...**

**IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW
BEFORE ORDERING.**

All of our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients. **V** Suitable for vegetarians. **VG** suitable for vegans. **GF** Gluten free version available

Served 12 till 5pm
Monday to Saturday

Lite Bites




Our sandwiches can be on either white or brown bloomer bread & come with chips & salad.

Ham salad	£5.00
Ham & cheese	£5.25
Cheddar & onion chutney 	£4.75
Tuna mayonnaise	£4.75
Bacon, lettuce & tomato	£5.25

If you're in a rush or looking to take away your sandwich with you, we have them and more made ready to go from our tearoom.

We also have the below selection of warm ciabattas.



Steak, caramelized onion & rocket	£7.50
Chargrilled chicken, bacon, cheese & BBQ sauce	£6.75
Hummus, dried tomato, cheese & rocket 	£6.50

Our Jacket potatoes are served with a mixed side salad. Please choose one of the following topping.



Cheese 	£5.00
Cheese & beans 	£5.25
Cheese & coleslaw 	£5.25
Beans 	£5.00
Tuna mayonnaise	£5.50



Check out our tearoom if you are looking for something special.



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