

## The Anchor Inn Menu

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

Let our staff take care of you – if dining inside we can come to you for a food order, drinks can be served from the bar or order from your table with a Team member. If dining outside please order food and drinks at the bar. All dishes cooked fresh to order, during peak times you may experience a delay, we appreciate your patience.

### Something to Start

**Homemade Soup of the Day-** With Warm Bread & Croutons (GFP) (V) (VGP) £6.00

**Spicy Crab Cakes** – With Dressed Baby Leaves & a Sweet Chilli Dip £6.75

**Sticky BBQ Chicken Wings** – With Dressed Baby Leaves (GFP) £6.75

**Breaded Cream Cheese Jalapeño Peppers** – With Dressed Baby Leaves (V) £6.50

### Sharing Starters

**Olives & Hummus** – Served with Warm Bread (V)(GFP) (VGP) £8.00

**Baked Camembert** -topped with Walnuts & Honey & Warm Bread (V)(GFP) £9.50

**Nachos** -smothered with a blend of Cheddar & Mozzarella, topped with Guacamole, Sour Cream, Tomato Salsa and Candied Jalapenos (GFP)(V) £9.00

**See our blackboards for today's specials**

## The Anchor Inn Menu

### Mains Courses

**Fish and Chips** - Haddock Fillet in a Crispy Wye Valley Beer Batter, served with Peas, Skin on Fries & Homemade Tartare Sauce (GFP) **£13.00**

**Breaded Scampi**- served with Peas, Skin on Fries & Homemade Tartare Sauce **£13.00**

**Braised Beef and Mushroom Pie** Beef, Shallot, Mushrooms & Pancetta slow cooked in a Rich Red Wine Sauce, topped with Herby Shortcrust Lid. Served with Peas & a Choice of Potato **£13.50**

**Three Bean Chilli** - with Basmati Rice, topped with Tortilla Chips, Tomato Salsa, Guacamole, Sour Cream and Candied Jalapenos (V)(GF)(VGP) **£11.50**

**Slow Cooked Chunky Beef & Pork Belly Chilli** - with Basmati Rice, topped with Tortilla Chips, Tomato Salsa, Guacamole, Sour Cream and Candied Jalapenos (GF) **£13.00**

**Vegan Satay Vegetable Curry**- Roasted Vegetables in a Rich Satay Sauce served with Basmati Rice, Chips & a Poppadum (V)(VG)(GF) **£12.00**

**Wye Valley Butchers 8oz Ribeye Steak**- with Pan Fried Red Onion, Plum Tomato & Mushrooms served with a Choice of Potato (GF) **£25.40**

**Wye Valley Butchers 8oz Rump Steak**- with Pan Fried Red Onion, Plum Tomato & Mushrooms served with a Choice of Potato (GF) **£16.00**

**Spicy Fajitas** - Served with Mixed Salad, Guacamole, Salsa & Sour Cream choice of;

Chicken **£12.00**

Vegan Stir Fried Vegetable (VG) **£11.00**

**Homemade Lasagne** - Authentic Beef Ragu layered with Creamy Béchamel & Pasta, topped with Parmesan & Cheddar. Served with Garlic Ciabatta **£12.50**

**Walnut & Mushroom Bolognese Linguine** - topped with Rocket (V) (VG) **£11.50**

**Tintern Mac & Cheese**- Macaroni in a duo of Welsh Cheese Sauce, served with Garlic Ciabatta (V) **£12.00**

**Pizzas- 9" Stone Baked Bases topped with Rich Homemade Pizza Sauce & a blend of Mozzarella & Cheddar Cheese; choice of ..**

Margherita (V) **£11.50**

Pepperoni **£12.00**

Roast Pepper (V) **£11.50**

**Chicken Caesar Salad** – (GFP) **£12.00**

**Chargrilled Tuna Niçoise Salad** - (GFP) **£13.50**

**Red Onion & Goat's Cheese Tart** - with Mixed Salad & New Potatoes (V) **£11.00**

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### Burgers

**8oz Beef Burger-** Gourmet Beef Burger topped with Bacon & Cheddar, in a Soft Brioche Bun with Skin on Fries & Homemade Coleslaw **(GFP) £14.50**

**Loaded Anchor Burger-** Gourmet Beef Burger topped with Pulled Beef & Cheddar, In a Soft Brioche Bun with Caramelised Onion Chutney, with Skin on Fries & Homemade Coleslaw **(GFP) £15.50**

**Chilli Dog Burger-** Cumberland Sausage Ring topped with Chilli, in a Soft Brioche Bun with Skin on Fries & Homemade Coleslaw **£12.75**

**Hunters Chicken Burger-** Chicken Breast topped with our Barbeque Sauce, Bacon & Cheddar Cheese. Served in a Soft Brioche Bun with Skin on Fries & Homemade Coleslaw **(GFP) £12.75**

**Loaded Vegan Burger-** Vegan Quarter Pounder Burger topped with 'This Isn't Bacon' Rashers, Smoky Vegan Applewood Cheese & Onion Rings, in a Vegan Potato Bun with Caramelised Red Onion Marmalade. Served with Skin on Fries **(V) £12.50**

### Dirty fries

Skin on fries topped with a choice of any of the following...

Beef Chilli, cheddar, guacamole  
and sour cream **(GFP) £7.00**

3 bean chilli, cheddar, guacamole  
and sour cream **(V) (GFP) £7.00**

Chicken, barbeque sauce,  
bacon and cheddar **£7.00**

Pizza sauce, mozzarella  
and cheddar **(V) (GFP) £6.00**

### Sides

Onion rings £3.50

Dressed Side salad- £2.50

Garlic bread £3.50

Cheesy garlic bread £4.00

Vegan garlic bread £3.50

Skin on fries £3.50

Skin on fries with cheese £4.00

# The Anchor Inn Menu

## Lighter bites- Served only till 4pm

### Ploughman's lunch

Tintern's cheddar and chive, and a Welsh cheddar cheese served with warm bread, mixed salad and a selection of pickles and chutney. **(V)(GFP) £10.00**

### Jacket potato

Filled with a choice of one of the following and served with a salad garnish.

Beef chilli £7.50

3 bean chilli £7.25

Beans £7.00

(Add cheese for 50p)

Vegan Satay curry £7.00

### Ciabattas

Filled with a choice of one of the following and served with a salad garnish.

Tuna Mayonnaise £7.00

Honey Roast Ham £6.75

Honey Roast Ham and Cheese £7.00

Cheese and Onion Savoury £6.50

#### **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. Suitable for vegetarians. Suitable for vegans. Vegan possible. Gluten free. Gluten free possible.

## The Anchor Inn Menu

### Desserts £6.00

#### **Berry & Apple crumble (GF) (VGP)**

Topped with oaty crumble, served with vanilla ice cream or warm custard.

#### **Toffee & Honeycomb Cheesecake**

Biscuit base topped with white chocolate cheesecake, vanilla cream, chocolate coated honeycomb, caramel fudge pieces, toffee sauce & white chocolate shavings. Served with caramel ice cream.

#### **Salted Caramel Chocolate Fudge Cake**

Served warm with chocolate sauce and vanilla ice cream.

#### **Black Forest Knickerbocker Glory**

Chocolate and vanilla ice cream layered between cherries and brownie chunks.

#### **Lemon Knickerbocker Glory**

With crushed meringue, lemon curd and vanilla ice cream

#### **Banana Knickerbocker Glory**

Slices of banana with a berry compote with strawberry ice cream.

#### **Double chocolate cookies & cream cheesecake**

Served with plant based vanilla ice cream.

#### **Chocolate & Banana Waffle**

A freshly cooked waffle topped with Nutella, bananas and ice cream.

#### **Biscoff Waffle**

Waffle topped with lotus Biscoff spread, broken biscuits and ice cream.

#### **Popcorn Waffle**

Freshly cooked waffle topped with toffee sauce, popcorn and salted caramel ice cream.

#### **The Anchors Ultimate Banana Split (GFP)**

Strawberry, Vanilla & Chocolate ice cream in a banana split topped with cream, chocolate flakes and a cherry.

# The Anchor Inn Menu

## Marshfield Farm

£2.00 per scoop

### Ice cream

Bubble-gum

Blackcurrants in clotted cream

Chocoholic Heaven

Caribbean Coconut

Coffee Mocha

Mint choc chip

Very Cherry

### Plant Based Ice cream

Vanilla

Strawberry

### Sorbet

Gin

Orange

Raspberry