



Lunch
Menu

FRESH – SEASONAL – LOCAL

Lunch Menu

BAR BITES

- Karaage Chicken Bites** £6.95
Asian slaw
- VEA Cauliflower Wings** £6.95
Hoisin, sesame
- Beef Stroganoff Arancini** £6.95
Mushroom, ketchup
- V Halloumi Sticks** £6.95
Sweet chilli

NIBBLES

- VEA Chilli & Garlic Marinated Olives** £5.95
- V Artisan Bread** £5.95
Whipped marmite butter
- VEA Roasted Pepper Hummus** £5.95
Tortilla chips

Served
12pm until
16.30pm

STARTERS

- VEA Terrine** £9.95
Tarragon & wild garlic terrine, grilled asparagus, poached egg
- Torched Mackerel** £11.95
Beetroot emulsion, pickled beetroot & puffed wild rice
- Ham Hock & Pea Mint Soup** £8.95
Mint oil, warm crusty baguette
- Salt & Pepper Squid** £10.95
Squid ink alioli, charred citrus
- Chicken Liver Pate** £8.95
Chilli & onion chutney, melba toast, balsamic molasses dressed leaves
- Panfried Scallops** £13.95
Sweetcorn salsa, sweetcorn puree, seaweed crisps

MAINS

- VE The Anchor Vegan Wellington of the Day** £17.95
Please ask your server for our Wellington of the day, served with winter greens, chips or mash & a vegetable jus
- Moules Marinière** £21.95
White wine garlic cream, onions, frites, rustic bread
- Chef's Pie of the Day** £18.95
VEA Mash, seasoned vegetables, homemade gravy
- Chef's Curry of the Day** £18.95
Ask your server for our chef's curry of the day
- Oriental Sticky Ribs** £22.95
Honey, soy, teriyaki and red chilli glaze, sesame seeds, house slaw, seasoned fries
- Parmesan Chicken** £18.95
Breaded chicken escalope, truffle fries, tender stem broccoli, creamy parmesan sauce
- Fish & Chips** £18.95
Beer-battered cod, chunky chips, pea purée, lemon wedge, tartar sauce
- VEA Panang Curry** £17.95
A fiery aromatic coconut sauce with mixed vegetables & kaffir lime leaves, jasmine rice

STEAKS

All steaks are served with thick cut chips, mushroom ketchup, garlic butter & tomato salad

- 8oz Flat Iron (MR)** £21.95
- 10oz Ribeye (M)** £28.95
- 8oz Fillet (R)** £33.95

PERFECT TO SHARE
Or Not...?

21oz Porterhouse £69.95

SAUCES
£3.95

Peppercorn
Bearnaise

UPGRADE
£8.95

Half Butter Poached Lobster Tail | Five Garlic Butter King Prawns

BURGERS

Served in a brioche bun, fries & house slaw
£18.95

- Anchor Bacon Cheese**
Smoked apple wood cheese, smoked bacon, American style house relish
- The Indian Bird**
Tikka buttermilk chicken, spiced Indian slaw, mango mayonnaise, onion bhaji
- VE Halo Vegan**
Beyond Meat plant based patties, beetroot relish, lettuce, tomato, house burger sauce

CIABATTAS

Served with fries and side salad

- Minute Steak** £14.95
Blue cheese, caramelised onion, rocket
- V Mozzarella** £12.95
Heritage tomato, basil pesto
- Fish Fingers** £13.95
Tartare sauce, pea puree, mint salad

SALADS

Starter £9.95 | Main £15.95

Greek with Couscous Salad
Hummus tzatziki, grilled pitta, crumbled feta, mint dressing

Crispy Confit Duck & Watermelon Salad
Wakame, pomegranate, spring onion & chilli, sesame dressing

Panfried King Prawn & Chorizo Salad
Sweetcorn salsa, lemon vinaigrette

SIDES

- VEA Skinny Fries** £4.95
- Chunky Chips** £4.95
- House Salad** £6.95
- Celeriac Mash with Crispy Onions** £6.95
- Mozzarella & Tomato Salad** £6.95
- Truffle & Parmesan Fries** £6.95
- VEA Chilli & Garlic Pak Choi** £6.95

VEa Vegan Available

Please let us know of any allergies or intolerances you have before ordering. Allergen information by dish is contained in our allergen menu, which is available upon request. Our kitchens operate with standards and procedures to address the risks of cross-contamination, but are very fast environments, so we cannot guarantee the total absence of allergens when preparing dishes. If you need more information, ask one of our team members.