

## LUNCH MENU



FISH SOUP WITH ROUILLE & CROUTONS ADNAMS BITTER (½ PINT £1.50 3.7% ABV) OR PEDRO ROMERO (AMONTILLADO) (18.0% ABV 125ML £5.75)	£5.75
SIX WEST MERSEA OYSTERS WITH RED ONION & VINEGAR ORVAL (330ML BOTTLE 6.2%ABV £3.75) OR BARBADILLO MANZANILLA 'SOLEAR'(15.0%ABV 125ML £4.25) OR DOMAINE DE LA BOISSONNEUSE CHABLIS 2007 (13.0% £28.75)	£10.95
THAI FISHCAKES, PICKLED CARROTS, DIPPING SAUCE MEANTIME PALE ALE (4.4% ABV, ½ PINT £1.90) 75CL BOTTLE 6 5%ABV £11) OR FORREST ESTATE ROSE 2009 (13.0% 175ML £4.95) OR ASSYRTIKO HATSIDAKIS (13.0%ABV £27.75)	£7.25/13.75
HAM HOCK TERRINE, CIDER JELLY & PICALILLI SIERRA NEVADA PALE ALE (355ML BOTTLE 5.6% ABV £3.50) OR GABA DO XIL, 2009 (13.5% ABV 175ML £4.95) OR SAINT VERAN 2008 (13.0% ABV £22.75)	£6.50
SEARED SCALLOPS, PARSNIP PUREE, PANCETTA & FENNEL SALAD WESTMALLE TRIPEL (33CL BOTTLE 9.5%ABV £4.45) OR ENDRIZZI – PINOT GRIGIO 2009 (12.5% ABV 175ML £5.25) OR MASETTO BIANCO, ENDRIZZI 2007 (13.5%ABV £23.75)	£7.75/£15.75
GNOCCHI, MUSHROOM, LEEK & STILTON SAUCE BUDWEISER BUDVAR (355ML BOTTLE 5.0% ABV £3.50) OR MACON CHARDONNAY 2009 (13.0% ABV 175ML £4.95) MACON MILLYLAMARTINE, LAFON 2007 (13.0% ABV £24.75)	£6.75/£13.75
GREENS OF GLASTONBURY CHEDDAR AND SMOKED SUFFOLK HAM PLOUGHMAN'S BROOKLYN NO1 (70CL BOTTLE 13.5% ABV) ROLLY GASSMANN PINIT GRIS 2002 ( £27.75 13%ABV)	£8.95
ANCHOR TAPAS PLATTER: TO SHARE BROOKLYN LAGER (335ML BOTTLE 5.2%ABV £3.50) OR GABA DO XIL, TELMO RODRIGUEZ 2009 (13.5%ABV 175ML £4.95) OR JOHN FORREST COLLECTION CHARDONNAY 2004 (13.0%ABV £27.75)	£13.75
MOSTLY SMOKED PLATTER: TO SHARE SCHLENKERLA RAUCHBIER (500ML BOTTLE 5.1%ABV £4.25) OR MEANTIME HELLS (1/2 PINT 4.8%ABV £1.90) OR BARBADILLO MANZANILLA 'SOLEAR'(15.0%ABV 125ML £4.25) OR POUILLY FUMÉ, JEAN PABIOT, DOMAIN DES FINES CALLIOTES 2008 (13.0%ABV £26.95)	£14.75
SMOKED HADDOCK & SALMON FISHCAKE, CREAMY LEEKS & HAND-CUT CHIPS SCHNEIDER WEISSE (50CL BOTTLE 5.4% £4.25) OR FORREST ESTATE SAUVIGNON BLANC 2009(13.0%ABV 175ML £4.95) OR QUINCY 'LES GRANDS CŒURS' DOMAINE SYLVAIN BAILLY 2008 (13.5%ABV £22.75)	£13.25
BEER BATTERED COD WITH HAND-CUT CHIPS, JALAPENO TARTARE SAUCE & PEASE PUDDING ADNAMS BITTER (3.7% ABV ½ PINT £1.55) OR GREEN POINT – DOMAINE CHANDON NV BRUT (12.5%ABV 175ML £6.75) OR BILLECART SALMON BRUT RÉSERVE NV (12.0%ABV £47.50)	£13.25
CHAR GRILLED RED POLL BEEFBURGER, HAND-CUT CHIPS, JALAPENO TARTARE SAUCE, SALAD & RELISH GONZO PORTER (8.0% ABV £4.85) OR DOMAINE LE CLOS DE CAVEAU, 2009 (13.0% ABV £4.95)	£13.75

BOWL OF HOME BAKED BREAD £1.50    HUMMUS AND CRUDITÉS £2.50    GARLIC BREAD £2.50  
MIXED LEAVES £3.50    POTATO, BACON & CHEESE WEDGES £4.95  
SOME ITEMS MAY CONTAIN NUTS

# Food Suppliers

Within five miles of the Anchor we are blessed with a larder rich in game which in recent years included Chinese Water Deer, Muntjac and superb red deer. Partridge and pheasant are shot regularly as are mallard and teal with occasional woodcock and snipe. Rabbit is abundant and hare occasional. The Chantrys graze their well bred sheep on fields with breathtaking views of the Blyth estuary and may attempt some salt marsh lamb in the near future. The Butlers rear excellent free range pork in Blythburgh. In nearby Middleton and on the Blackheath Estate of the Hopkins at Aldeburgh Edward and Sally Turner lovingly tend a herd of the justly prized 'Red Poll' beef. Our principal butcher, Cleveleys, produces a range of very good sausages.

From West Mersea we take oysters, natives and rocks from the peerless Richard Haward of 'Company Shed' fame along with clams. The North Norfolk coast yields sweet, delectable mussels from Brancaster and crabs from Cromer. Cod, the firm-fleshed under sung staple of the North Sea is being caught in good numbers by the in-shore fishermen and exciting Sea Bass line caught fishing regularly produces 4-8lb beauties for the table. Skate have been good this year and we look forward to the return of the herring in the autumn. Lowestoft's fish smoking traditions are best illustrated by the iconic 'Red Herring', long smoked with innards in situ and even tastier when carrying roe.

At Rendham in the upper Alde Valley David and Colette Strachan of Marybelle are real food heroes producing top quality crème fraiche, yoghurt, milk and cream and a range of ice creams. From further afield a love affair with Colston Bassett Blue Stilton means this Nottinghamshire classic is always on the menu and our organic cheddar is supplied by the ever Greens of Glastonbury. From Charles Martell we have Stinking Bishop and from Mrs. Temple at Wells Next The Sea in North Norfolk, Binham Blue from a Holstein herd.

We use locally harvested crops of local apples, pears and peaches for chutney and jam making and as ever will be looking forward to elderberry and rowan jellies, damson jam and sloe gin. Most of our market garden vegetables come from the Wangford farm shop, supplemented by Anchor allotment herbs, courgettes, beans, spinach, artichokes, horseradish and more.

Breads naan, pizza dough are all made at the Anchor mainly from Chelmsford miller Marriage & Sons flours but also occasionally from Letheringsett Mill, Norfolk and William & Miranda Kendall's Maple Farm flour from Theberton just down the road.

Arbequina olives and Olive Oil come from the outstanding Kirby's "good life" estate in Priorat, Tarragona. Some sautéing and dressing oil is from cold pressed rapeseed produced by Sam Fairs at the estimable Hill Farm, Heveningham.

Chocolate is invariably from the great producer in the Rhône Valley – Valrhona.

Coffee – our coffee is supplied by Jeremy Torz at Union Coffee Roasters in Canning Town London. Jeremy used to advise Starbucks and Seattle Coffee before striking out on his own in 2001. The founding principle was to "delight customers with the most exceptional quality coffee sourced at fair and sustainable prices from the farmers we work with..." The quality and freshness of their coffees is exceptional and we use their 'Revelation' (used to be 'Revolution') blend by the cup and their blend of Rwandan Arabica beans for cafetières.