

HOPE AND ANCHOR @ MIDFORD

lunch menu

	£
Marinated Olives and Bread, Olive Oil & Balsamic	4
Nachos – tortilla chips, guacamole, cheese, salsa, jalapenos and sour cream	6
SOUPS, STARTERS, SALADS & LIGHT MEALS	
Soup of the Day (GF) with Bread (V)	5
Provençal Fish Soup with Rouille, Cheese & Croutes (GF)	6.50
Deep Fried Camembert with Onion Marmalade (V)	6
Smoked Chicken, Avocado & Prawn Salad with Honey Dressing (GF)	7/11
Smoked Salmon & Prawn Salad with Lemon & Dill Dressing (GF)	7/11
Deepfried Whitebait, Tartare Sauce, Salad / Large – with Fries	7/11
Grilled Goat's Cheese & Roasted Vegetable Salad, Chilli Dressing (V)(GF)	7/11
Traditional Polish Pierogi – Pork and Sage Dumpling Parcels, Fried Onions, Bacon & Sour Cream	7/11
TOASTED SESAME PANINIS - dressed salad, homemade coleslaw	7.50
<ul style="list-style-type: none">- goat's cheese, roasted vegetables and pesto (V)- chorizo, onion, garlic butter and cheddar- ham and cheddar- smoked chicken, tomato salsa, onions, peppers and cheddar	

SIDE ORDERS – all @ £3.50 EACH

Handcut Chunky Fries	Dressed Mixed Salad
Seasonal Vegetables	Garlic Bread

.....cont'd.....

mains...

£

Salmon & Smoked Haddock Fishcake, Tarragon & Caper Mayo, Salad & Fries		12
Steak, Ale & Mushroom Pie with Seasonal Vegetables & Fries		13.50
Lasagne, Salad & Garlic Bread		11
Homecooked Ham, Free Range Eggs and Handcut Fries		11
Panfried Loin of Pork, Smoked Paprika, Creamed Leeks & Stilton, with New Potatoes & Seasonal Vegetables	(GF)	15
Warm Salad of Cajun Spiced Chicken with panfried Peppers, Tomatoes, Courgettes & Avocado & Chunky Fries	(GF)	12.50
8oz Sirloin Steak, Garlic Sauce, Salad & Chunky Fries	(GF)	18.50
Grilled Salmon Fillet, Prawns & Chilli Cream Sauce, New Potatoes & Seasonal Vegetables	(GF)	15
Warm Salad of Flat Field Mushrooms with Ratatouille and Melted cheese with Chunky Fries	(GF)	11
Feta and Goat's Cheese, Spinach, Pesto, Roasted Vegetable & Pine Nut Pie with Salad and Chunky Fries		12
Deep Fried Camembert with Onion Marmalade, Dressed Salad & Fries		10

Children's Favourites

Cheesy Pasta or Pasta Bolognese	4.50
Homecooked Ham, Egg & Fries	5.50
Sausages, Mash and Carrots	5.50
Battered Cod, Fries and Tomato & Cucumber	6
Chicken Goujons, Fries and Carrots	6.50
Small Sunday Roast with Yorkshire Pud	7

**All our dishes may contain traces of allergens – please ask if you are unsure.

**GF – Gluten Free - NB! – our chips are fried in oil that may contain gluten, you are welcome to choose new potatoes or mash instead.