



# The Blue Anchor

## GLUTEN FREE MENU

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While every effort is made to accommodate dietary needs and prevent cross-contamination, all food is prepared in kitchens where allergens are present. Therefore, we cannot guarantee that any dish is completely free from traces of allergens. A full allergen guide is available upon request. Please speak to a member of our team who will be happy to assist you. Thank you for helping us ensure your safety and enjoyment.

### STARTERS

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**Handcoated Halloumi Fries**, homemade dip (v)  
(H) £7.40

**Handcoated Crispy Whitebait** homemade tartare  
sauce £7.50

**Prawn Cocktail** with homemade Marie Rose sauce,  
baby gem, garnished with a crevette £11.95 (H)

**Homemade Pork Belly Bites** served with  
homemade apple sauce £8.95 (L) (H)

**Stuffed Portobello Mushroom** (V) (H) £6.50

**Feta Salad** crumbled feta, olives and oregano  
dressing (V) (H) £8.95

### MAINS

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**Hand - battered Fish & Chips** with homemade  
tartare sauce and your choice of garden peas or  
mushy peas (H) £20.75

**Hunter's Chicken** with bacon, BBQ sauce and  
cheese, chips and your choice of garden peas  
or salad (H) £18.80

**Pork Belly** with mustard mash, apple cider  
sauce and a selection of vegetables (H) £16.50

**Mixed Grill Sharing Plate (serves 2 people)**  
with 8oz rump steak, chicken breast, 8oz  
gammon and two eggs. Served with chips,  
portobello mushrooms, vine tomatoes and  
peas (L) £47.90

**8oz Rump Steak** served with chips,  
portobello mushroom, vine tomatoes and  
peas (L) £21.50

**Blue Anchor Salad** with lettuce, cherry  
tomatoes, cucumber and red onion (H)

**Fresh Crab & Marie Rose** (L) £19.50

**Prawn, Radish & Marie Rose** £21.50

**Chicken Caesar** £18.75

**Mediterranean Feta and Cous-Cous Salad**  
with cous-cous, cherry tomatoes and cucumber  
(V) £16.50

**Homemade King Prawn & Fish Curry**,  
served with rice (H) £23.95

**Dirrty Buoy**, double homemade patty, with  
cheese, bacon and fried onions, lettuce and  
tomato served with chips and homemade  
burger sauce (H) (L) £21.95

**Homemade Chilli Con Carne**, with rice (H)  
£15.75

**Gammon Steak** with two fried eggs, served  
with chips and peas (L) £16.75