

LUNCH (Noon - 2.30pm)

ALL DAY (Noon - 6pm)

STARTERS

Heritage Tomato, Laverstoke Mozzarella & Basil Salad	£6.00
Soup of the Day - See Blackboard	£5.00
Pressed Terrine of Blythburgh Ham, Crisp Quails Egg & Pineapple Salsa	£6.75
Salad of Feta, Broad Beans & Courgette, Mint & Lemon Dressing	£6.50
Grilled Cornish Mackerel, Citrus, Oyster Leaf, Pink Grapefruit Dressing	£7.25
Brixham Crab on Toast, Avocado & Coriander	£8.00

EITHER/OR

	Starter	Main
Free-range Duck & Crunchy Vegetable Salad, Toasted Cashews & Oriental Dressing	£7.75	£14.50
Crispy Beef Scruppets, Runner Beans, Radish, Shallots & Salsa Verde	£7.75	£14.50
Pea & Broad Bean Carnaroli Risotto, Shaved Parmesan & Pea Shoots with or without Smoked Ham Hock	£6.75	£12.50
Herb Roast Salmon, Broccoli, Wild Rice & Pak Choi, Honey & Mustard Vinaigrette	£7.50	£13.50

The includes a discretionary 25p contribution to Sports Traider, a youth-focused organisation offering kids the kit & support they need to get into sport, whatever their background.

MAINS

Free-range Chicken Breast, Classic Caesar Salad, Crispy Bacon & Anchovies	£14.75
Monkfish, Ibérico Ham, Herb Spelt, Peas & Fennel	£18.50
Maple-cured Free-range Gammon Rib Eye Steak, Poached Egg & Chips	£13.50
Spiced Prawn & Pollock Fishcake, Wilted Spinach, Lime & Coriander Dressing	£12.50
Moroccan-spiced Roast Aubergines, Chickpea & Tomato Sauce, Mint Yoghurt	£12.75
Pan-fried Sea Bream, Heritage Potatoes, Cockles & Seashore Vegetables	£16.50
Cornish Lamb Cutlets, Grilled Baby Gem, Large Grain Couscous, Pomegranate & Harissa Yoghurt	£19.50
Herb-crumbed Pork Escalope, Corn on the Cob, Slaw, Triple Cooked Chips	£16.50

STEAKS

Award-winning butcher Aubrey Allen supplies our steak, selected from the best British grass-fed beef herds, dry-aged for superb flavour & tenderness.



28 Day Dry-aged 8oz Rump Steak	£20.50
28 Day Dry-aged 8oz Bavette Steak	£16.50
28 Day Dry-aged 10oz Rib Eye Steak	£25.00

All Served with Watercress, Chips & a choice of either Béarnaise, Peppercorn & Brandy Sauce or Café De Paris Butter

Add a Grill Garnish of Roast Field Mushrooms, Garlic & Thyme Plum Tomatoes & Beer Battered Onion Rings	£3.00
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SIDES

Chips	£3.50
Green Bean, Fennel & Tomato Salad, Mays & Green French Dressing	£3.75
New Potatoes, Sea Salt & Minted Butter	£3.75
Garden Salad, Orange & Shallot Dressing	£3.50
Buttered Courgettes, Peas & Beans	£3.75

SOUP & SANDWICHES

Soup of the Day - See Blackboard	£5.00
Roast Meat Roll of the Day & Gravy	£8.00
Severn & Wye Smoked Salmon, Soused Fennel & Cucumber on Granary	£7.75
Goats' Curd & Char-grilled Vegetables in Toasted Pitta	£7.50
All our Sandwiches come with a choice of Chips or Soup of the Day	
Free-range Hot Dog, Tomato & Chilli Relish, Remoulade & Crispy Onions, Skinny Chips	£9.50

DELI

Warm Mini-loaf & Roasted Garlic Butter	£2.75
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BUTCHER'S BOARD

Treacle-glazed Ham, Buttermilk Fried Chicken, Mini Hot Dogs & Air-dried Dorset Pork, Balsamic Onions & Pickles, Warm Mini Loaf	£14.75
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FAVOURITES BOARD

Crispy Squid & Aioli, Heritage Tomato Salad, Treacle-glazed Ham, Laverstoke Mozzarella, Warm Mini Loaf, Pickles & Chutney	£14.00
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CHEESE BOARD

Gillot Camembert, Driftwood, Kirkham's Lancashire, Burwash Rose, Organic Perl Las, Dorset Pear Jelly, Celery & Peter's Yard Rye Wafers	£13.75
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VEGGIE BOARD

Stuffed Artichoke Hearts & Pesto Mayo, Heritage Tomato Salad, Goats' Curd, Spiced Houmous & Radishes, Toasted Pitta & Seeded Straws	£13.25
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FISH BOARD

Crispy Squid & Aioli, Potted Brixham Crab, Breaded Smoked Sardines & Tomatoes, Severn & Wye Smoked Salmon, Soused Cucumber & Fennel, Malted Toast	£14.75
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ROAST OF THE DAY

From Monday to Friday we serve a great Roast
with seasonal vegetables and Potatoes

See Blackboard

ALL DAY MAINS

Free-range Duck & Crunchy Vegetable Salad, Toasted Cashews & Oriental Dressing	£14.50
Herb Roast Salmon, Broccoli, Wild Rice & Pak Choi, Honey & Mustard Vinaigrette	£12.50
Spiced Prawn & Smoked Pollock Fishcake, Wilted Spinach, Lime & Coriander Dressing	£12.50
Coarse-ground Bavette Steak Burger, Cheddar, Burger Sauce, Coleslaw, Chips & Onion Rings	£12.50
Add Mushroom or Bacon	£1.00

SUMMER AT THE EMBANKMENT

Air-dried Dorset pork, classic farm-made English cheeses,
sparkling Cornish mackerel & sardines, the freshest & best
strawberries & raspberries, Sipsmith's Summer Cup - reasons to
be cheerful this Summer. Tuck in!

THE EMBANKMENT

embankmentbedford.co.uk twitter.com/theembankment facebook.com/embankmentbedford

Have you tried our sister pubs?

THE SWAN
SALFORD

swansalford.co.uk

THE BLACK HORSE
Woburn

blackhorsewoburn.co.uk

Allergens: before ordering, please speak to one of our team if you want to know about our ingredients.

Children are heartily welcome & we are happy to make them simplified versions of our dishes.
If your child would like a small portion at half price, please ask us.

A 10% service charge is added to parties of six or more. All tips go to the team.