

LUNCH (Noon - 2.30pm)

STARTERS

- Marinated Feta, Courgette, Broad Bean & Mint Salad 6.50
Soup of the Day - See Blackboard 5.25
Aubrey's Salt Beef Croquettes,
Bramley Apple Chutney, Dressed Baby Leaves 6.75
Salt & Pepper Squid, Rocket Salad & Devilled Sauce 7.50
Ricotta, Fig & Walnut Bruschetta 6.25
Devon Crab, Poached Egg,
Cucumber & Samphire Salad, Tarragon Aioli 8.75

EITHER/OR

Starter/Main

- Superfood Salad of Quinoa, Broccoli,
Baby Kale, Edamame Beans, Roasted Garlic
& Balsamic Dressing 6.75/12.50
Pan-fried Native Scallops & Monkfish Medallions,
Smoked Cauliflower, Braised Lentils
& Crispy Black Pudding 9.75/18.75
Roasted Tomato, Basil & Courgette Carnaroli Risotto,
with or without Smoked Free-range Ham 7.75/13.00
Free-range Duck & Crunchy Vegetable Salad,
Toasted Cashews & Oriental Dressing 7.75/14.75
This 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

- Maple-cured Free-range Gammon Rib Eye Steak,
Poached Egg & Chips 13.50
Free-range Duck Breast, Glazed Heritage Carrots,
Boulangère Potatoes & Orange Jus 18.50
Breaded Aubergine, Mozzarella & Olive Escalope,
Tomato & Chilli Salsa 12.75
Pan-roasted Cod, Creamed Peas, Pancetta & Fennel 16.75
Free-range Chicken Breast, Classic Caesar Salad,
Crispy Bacon & Anchovies 14.75
Grilled Plaice Fillet, Citrus Butter Beans
& Radishes, Watercress & Parsley Sauce 16.25
Smoked Haddock & Prawn Fishcake, Wilted Spinach
& Swiss Chard, White Wine Butter Sauce 13.50
Slow & Low Barbecued Pork Chops,
Polenta Chips & Green Chilli Slaw 17.00

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 19.75
28 Day Dry-aged 10oz Rib Eye Steak 25.00
28 Day Dry-aged 8oz Sirloin Steak 24.50

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

Grill Garnish - Roast Field Mushrooms, Garlic & Thyme Plum
Tomatoes & Beer Battered Onion Rings 3.75

SIDES

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

ALL DAY (Noon - 6pm)

SOUP & SANDWICHES

- Soup of the Day - See Blackboard 5.25
Prawn, Crab & Dill Mayonnaise,
Shredded Gem on White Bloomer 8.50
Aubrey's Steak Sandwich, Field Mushroom & Mustard Mayo 10.00
Goats' Cheese & Char-grilled Vegetables Toasted Pitta 8.00
Rare Roast Beef, Rocket, Tomato & Horseradish
on White Bloomer 8.25
All our Sandwiches come with a choice of Chips or Soup of the Day
Pulled Chicken, Barbecue Sauce & Slaw in Brioche Bun,
Skinny Chips 9.75

DELI

- Warm Mini Loaf & Roasted Garlic Butter 2.75
Puttanesca Olives 2.75

BUTCHER'S BOARD 14.75

Rare Roast Beef, Aubrey's Salt Beef Croquettes,
Air-dried Dorset Pork, Pulled Chicken Sliders,
Pickles, Chutney & Malted Toast

CHEESE BOARD 13.75

Tor, Camembert Gillot AOC, Sheep Rustler,
Double Barrel Poacher, Blue Monday, Chutney,
Apples, Celery, Garden Chutney & Crackers

VEGGIE BOARD 13.75

Summer Vegetable Croquettes, Spiced Tomato Houmous
& Crudités, Courgette & Feta Salad, Puttanesca Olives,
Cheddar & Sunflower Seed Palmiers & Toasted Pitta

FISH BOARD 14.75

Crab & Prawn Mayo, Smoked Mackerel Fillets,
Salt & Pepper Squid, Whitebait & Lemon Mayo,
Soused Cucumber & Fennel, Malted Toast

ALL DAY MAINS

- Maple-cured Free-range Gammon Rib Eye Steak,
Poached Egg & Chips 13.50
Smoked Haddock & Prawn Fishcake, Wilted Spinach
& Swiss Chard, White Wine Butter Sauce 13.50
Superfood Salad of Quinoa, Broccoli,
Baby Kale, Edamame Beans, Roasted Garlic
& Balsamic Dressing 6.75/12.50
Coarse-ground Steak Burger, Cheddar Cheese,
Burger Sauce, Coleslaw, Chips & Onion Rings 12.75
Add Mushroom, Bacon, Smashed Avocado or Pulled Chicken 1.25

SUMMER AT THE EMBANKMENT

Hooray for Summer - the season of wonderful British soft
fruit & the freshest green vegetables, tomatoes & sweetcorn.
Cornish lamb & day-boat fish are abundant & beautiful.
And why not celebrate any famous sporting victories
(or soothe disappointments) with a top-notch English
sparkling wine?

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.