



LUNCH (Noon - 2.30pm)

STARTERS

- Warm Crispy Camembert, Fig Relish & Rocket 6.75
Soup of the Day - See Blackboard 5.50
Blythburgh Pork & Apple Terrine,
Cornichons & Toasted Bloomer 7.00
Wild Mushroom Fricassée on Toast, Chive Crème Fraîche 6.50
Roasted Pigeon, Black Pudding,
Apple & Toasted Hazelnut Salad 8.00
Brixham Crab Cakes, Rocket & Dill Mayonnaise 9.00

EITHER/OR

Starter/Main

- Pan-fried Native Scallops, Smoked Pork Belly,
Parsnip Purée & Beetroot Crisps 10.00/19.50
Herb Pancakes, Spinach & Mushroom Stuffing, Gruyère Cream
Sauce, with or without Free-range Ham 7.50/13.50
Devonshire Fish Stew, Rouille & Toasted Bloomer 8.00/16.00
Superfood Salad of Cranberries, Quinoa, Baby Spinach & Feta,
Balsamic & Honey Dressing 6.75/12.50

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

- Free-range Coq au Vin & Creamed Potatoes 15.00
Pan-fried Sea Bream Fillets, Braised Lentils,
Wilted Spinach & Shellfish Jus 17.50
Maple-cured Free-range Gammon Rib Eye Steak,
Poached Egg & Chips 13.50
Butternut Squash, Spinach & Barley Wellington,
Vegetarian Gravy 13.50
Free-range Merrifield Duck Breast, Rösti Potato,
Chestnuts & Madeira Jus 19.75
Enderby Smoked Haddock Fishcake
& Mustard Creamed Leeks 13.50
Slow-cooked Shoulder of Cornish Lamb,
Roasted Squash & Kale, Mint Jus 18.00
Loch Duart Salmon Fillet, Roasted Beetroot,
Chive Butter Sauce 16.75

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 26.00
28 Day Dry-aged 12oz Sirloin Steak on the Bone 27.50
All Served with Rocket, Chips & a choice of either Béarnaise,
Peppercorn & Brandy Sauce or Horseradish Crème Fraîche
Grill Garnish - Roast Field Mushrooms, Garlic & Thyme Plum
Tomatoes & Beer-battered Onion Rings 3.75

SIDES

- Chips 3.50
Baby Jackets & Sour Cream 3.50
Rocket & Parmesan Salad, Balsamic Dressing 3.75
Honey & Thyme-roasted Carrots & Parsnips 3.75
Savoy Cabbage, Bacon & Hazelnuts 3.75

ALL DAY (Noon - 6pm)

SOUP & SANDWICHES

- Soup of the Day - See Blackboard 5.50
Warm Fish Goujons, Lettuce & Tartare Sauce Roll 8.50
Aubrey's Steak Sandwich, Fried Onions
& Mustard Mayonnaise 9.75
Cheddar, Carrot Relish & Rocket on Granary 8.00
All our sandwiches come with a choice of chips or soup of the day

DEEL

- Warm Mini Loaf & Roasted Garlic Butter 3.00
Puttanesca Olives 3.00

BUTCHER'S BOARD 14.75

- Brown Sugar & Mustard-glazed Ham, Sticky Chipolatas,
Venison Salami, Blythburgh Pork & Apple Terrine,
Celeriac Remoulade, Pickles & Granary Toast

CHEESE BOARD 14.00

- Brie de Nangis, Sainte-Maure de Touraine, Wyfe of Bath,
Double Barrel Poacher, Blue Monday, Water Biscuits & Rye
Wafers, Apples & Celery, Fig Chutney

VEGGIE BOARD 13.75

- Flat Mushrooms, Spinach & Brie, Parsnip & Cheddar Cakes,
Carrot Relish, Tomato Houmous & Crudités,
Baby Leaves & Warm Pitta Bread

FISH BOARD 14.75

- Fish Goujons & Lemon Mayo, Smoked Mackerel Fillet,
Taramasalata, Smoked Haddock Rarebit,
Beetroot Relish & Toasted Pitta Bread

ALL DAY MAINS

- Maple-cured Free-range Gammon Rib Eye Steak,
Poached Egg & Chips 13.75
Herb Pancakes, Spinach & Mushroom Stuffing,
Gruyère Cream Sauce, with or without Free-range Ham 13.50
Superfood Salad of Cranberries, Quinoa, Baby Spinach & Feta,
Balsamic & Honey Dressing 12.50
Coarse-ground Steak Burger, Cheddar Cheese,
Burger Sauce, Coleslaw, Chips & Onion Rings 13.00
Add Mushroom, Bacon, Smashed Avocado
or Pulled Chicken 1.25

WINTER AT THE EMBANKMENT

We always serve the good stuff – cooked from scratch by
real chefs – because that's what we want to eat ourselves.
All our chicken, eggs and pork are free-range. Our beef is
British, grass-fed and dry-aged for unmatched flavour. Our lamb
is Cornish and most of our fish comes from the Brixham day-boats.
We buy the best British fruit and vegetables in season,
for maximum quality and value.

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.