

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.

DFII

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

VEGGIEBOARD 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

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 13.75

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.

Aubrey's

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

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.

THE FMBANKMENT

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Have you tried our sister pubs?

*S WAN SALFORD swansalford.co.uk THE BLACK HORSE WOBURN

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