The Anchor

A BRITISH PUB WITH A GREEK HEART

FOOD MENU

OUR GREEK STYLE
WEEKENDS GRILL

(Served Every Saturday & Sunday)

ANTIKRISTO - Opposite - (Crete)

Antikri in Greek means opposite, this way of grilling is called Antikristo due to the fact that the meat is the opposite side of the fire. It's a unique meat roasting technique & is one of the oldest techniques of slow cooking, traced back to Ancient Greece.

WE SERVE OUR GRILL BY WEIGHT SO PLEASE PICK A SIZE

LAMB (on the bone)

To Share:
1Kg..... £41.00 Half Kg..... £25.00
Portion:..... £16.50
(Served with Oven Potatoes & Vegetables)

CHICKEN (on the bone)

To Share:
Whole:..... £27.00
Portion:..... £13.00
(Served with Oven Potatoes & Vegetables)

PORK BELLY (on the bone)

To Share:
1Kg..... £36.00 Half Kg..... £23.00
Portion:..... £14.40
(Served with Oven Potatoes & Vegetables)

Kontosouvli
(Boneless Pork Fillet)

Preordered Only

To Share: 600gr £41.00
(Served with Chips)

SIDE DISHES (Please Choose Side Dishes if you are having sharing items)

Oven Potatoes with Lemon, Oregano & Olive Oil Dressing **£3.90**
Chips with homemade seasoning..... **£2.50**
Seasonal Vegetables **£3.50**
Greek Salad **£8.20**
(Tomato, Cucumber, Green Pepper, Onion, Feta Cheese, Olives, Oregano & Olive Oil)
Green Salad **£6.90**
(Lettuce & Spring Onions, Dill, Olive Oil & Vinegar)

OUR STARTERS

VELVET CARROT SOUP (V) **£3.90**
With Carrots, Leeks, Celery, Chopped Onions, Potatoes, Ginger, Olive Oil, Nutmeg & Butter.
Served with large Croutons.

HUMMUS & PITTA BREAD (V) (VG) (GF) **£4.40**
Made from cooked, Mashed Chickpeas, blended with Tahini, Olive Oil, Lemon Juice, Salt & Garlic.

TZATZIKI (V) (GF) ..... **FOR ONE: £3.10** ..... **TO SHARE: £4.40**
Made of strained Yogurt mixed with Cucumber, Garlic, Salt & Olive Oil

TIROKAFTERI (V) (GF ..... **FOR ONE: £4.40** ..... **TO SHARE: £6.95**
Spicy Feta Cheese Dip.

MIXED GREEK DIPS (V) (GF) ..... **FOR ONE: £4.40** ..... **TO SHARE: £8.10**
Tzatziki, Tirokafteri, Hummus & Pitta Bread. (Please ask for GF Pitta Bread if needed)

MUSHROOMS A LA CRÈME (V) (GF) **£6.75**
Mushrooms cooked in a White Wine, Thyme & Garlic Creamy Cheese Sauce.

FETA CHEESE (IN OVEN) (V) (GF) **£6.95**
Cooked with Tomato, Peppers, Oregano, Olive Oil & Chili Flakes

FETA OREGANO (V) (GF) **£4.40**
Feta Cheese with Oregano & Olive Oil.

BRIE WEDGES (V) **£6.95**
Breaded Wedge & homemade Chili Jam.

MASHED SPLIT PEAS, (FAVA) (V) (VG) (GF) **£4.40**
Traditional Greek Dish of slow cooked Split Peas, topped with Raw Red Onions & Olive Oil.

PRAWN COCKTAIL **£7.65**
Prawns in Cocktail Sauce on Lettuce & Brown Bread

GARLIC BREAD (V) ..... **£3.00** ..... **WITH CHEESE: £3.50**

OUR HOMEMADE SALADS

GREEK SALAD (V)(VG) (GF) ..... **FOR ONE: £4.60** ..... **TO SHARE: £8.40**
Tomato, Cucumber, Green Pepper, Onion, Feta Cheese, Olives, Oregano & Olive Oil.

SANTORINIA SALAD (V) (VG) (GF) ..... **FOR ONE: £4.60** ..... **TO SHARE: £8.40**
Cherry Tomatoes, Caper, Feta Cheese, Green Chilies, Olives, Oregano, Olive Oil & Balsamic Glaze accompanied with Toasted bread.

CRETAN SALAD (V) (VG) (GF) ..... **FOR ONE: £4.60** ..... **TO SHARE: £8.40**
Tomato, Feta Cheese, Onion, Cretan Rusk, Caper, Olives, Oregano and Olive Oil.

GOAT CHEESE SALAD (V) (VG) (GF) ..... **FOR ONE: £4.60** ..... **TO SHARE: £8.40**
Caramelized Goat Cheese with Crisp Lettuce, Rocket, Walnuts, Cranberries, & Honey Balsamic Dressing.

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OUR MAINS

BEEF STIFADO (HOMEMADE) (GF) (*) **£14.40**
Slow cooked Beef Brisket with Onions, Garlic & Tomatoes.
Served with Basmati Rice, Chips or Mash.

SPETSOFAI (HOMEMADE) (GF) (*) **£11.40**
Sausages with Spicy Peppers & Aubergines, Onion & Garlic in rich Tomato Sauce.
Served with Basmati Rice, Chips or Mash.

LAMB KLEFTIKO (STOLEN) (HOMEMADE) (GF) **£15.90**
White Wine, Slow cooked Lamb Leg, cooked with Potatoes, Cheddar Cheese, Peppers,
Garlic, Onion, Celery & Cherry Tomatoes.

CHICKEN OR PORK OR MIXED SOUVLAKI (HOMEMADE) (GF) (*) **£12.40**
2 Skewers served with Chips & Tzatziki. (Swap your Chips for House Salad)

GRILLED CHICKEN BREAST (HOMEMADE) (GF) **£14.90**
Homemade marinated, served with Mash & Veggies or Corn on the Cob.

CHICKEN A LA CRÈME (HOMEMADE) (GF) (*) **£13.40**
Marinated Chicken Breast sautéed with Mushrooms, Peppers, & Cream.
Served with Basmati Rice, Mash or Chips.

CHICKEN CURRY (HOMEMADE) (GF) (*) **£10.90**
In red sauce & Yogurt, served with Basmati Rice, Chips or Mash.

FISH & CHIPS (GF) **£11.40**
Battered (or not) Cod, house Chips, Peas & Tartare Sauce. (Swap your Chips for House Salad)

CUMBERLAND SAUSAGES (GF) **£10.40**
In Onion Gravy, Broccoli & Mash.

MOUSAKA (HOMEMADE) **£12.90**
Layers of Beef Mince, Potatoes, Courgettes & Aubergines, topped with Béchamel Sauce.

PASTITSIO (HOMEMADE) **£12.40**
Greek Pasta Baked dish with Beef Mince & Béchamel Sauce.

SPAGHETTI BOLOGNESE (HOMEMADE) (*) **£12.40**
Beef Mince in a rich Sauce with Aubergines & Yogurt.

BURGER ..... **£11.90** ..... **With Cheese: £12.90**
Beef Burger, served in a bun with Tomato, Onion, Lettuce, Gherkin & Burger Sauce.
Served with Chips. ..... **Add Bacon: £1.20**

CHICKEN BURGER (HOMEMADE) **£12.90**
Marinated Chicken Breast served in a bun with Cheese, Tomato, Onion, Lettuce,
Smoked Paprika & homemade Honey Mustard Sauce. Served with Chips.

PORK CHOPS (GF) (*) **£14.40**
Served with Chips & Tzatziki.

LAMB CHOPS (GF) **£16.40**
Served with Chips & Tzatziki.

MIXED GRILL (GF) ..... **For 1: £18.90** ..... **For 2: £27.90**
Meat Feast with Pork Chops, Lamb Chops, Chicken Skewers & Sausages.

Mixed Grill for 1 is Served with Chips & Tzatziki.

Mixed Grill for 2 is Served with Tzatziki. Please choose side dishes.

SIRLOIN STEAK 8OZ (GF) **£14.40**
Served with: 3 Onion Rings, Green Mixed Salad, Cherry Tomatoes, Spring Onions, Balsamic Glaze.
Step One: Choose how you like your Steak cooked.
Step Two: Choose your Side Dish / Dishes: **£2.00 each.**
(Chips, Vegetables, Creamy Mash, Basmati Rice, Corn on the Cob, Sweet Potato Fries.)
Step Three: Choose your homemade Sauce/Sauces.
Maison Butter: £1.50 **Peppercorn Sauce: £2.00** **Mushroom Sauce: £2.00**

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OUR MAINS (Contd..)

Veggie Mousaka (V) (Homemade) **£12.40**
Layers of Potatoes & Aubergines, Courgettes & Mushrooms topped with Béchamel Sauce.

Vegetarian Spaghetti (V)(VG) (Homemade) (*) **£12.40**
Mushrooms, Courgettes, Carrots, Aubergines & Peppers, Sautéed in Tomato Sauce.

Fresh Green Beans (V)(VG) (GF) (Homemade) (*) **£12.40**
Fresh Beans & Potatoes cooked in a rich Tomato Sauce with
Corn on the Cob & Feta Cheese on side.

Veggie Burger (V) **£11.40**
Served in a bun with Cheese Tomato, Onion, Lettuce & Mayo. Served with Chips.

(*) Dishes on our Main menu, which are indicated with the star (*) are dishes available in half portions (£8.50) for small appetite people and can be served as Kids dishes too.

OUR SIDE DISHES

CHIPS **£2.70**
With Homemade Seasoning

ONION RINGS **£2.50**

CREAMY MASH **£3.50**

BASMATI RICE (HOMEMADE) **£3.50**

VEGETABLES **£3.50**
Broccoli, Red Peppers & Green Beans.

HOUSE SALAD **£4.40**
Green Mixed Salad, Cherry Tomatoes, Spring Onions, Balsamic Glaze & Olive Oil.

SWEET POTATO FRIES **£3.20**

CORN ON THE COB **£2.50**

COLESLAW (HOMEMADE) **£2.00**

OUR LUNCH MENU

Served Tuesday To Friday 12pm – 4pm

OUR BAGUETTES / SANDWICHES (White or Brown Sliced Bread)

All served with Green Mixed Salad, Spring Onions, Cherry Tomatoes, Rocket, Balsamic Glaze & Olive Oil Dressing

Ham, Tomato & Cheese melt Sandwich or Baguette..	**£6.50**	**Add Chips**	**£7.50**
Brie, Bacon & Cranberry Baguette	**£6.95**	**Add Chips**	**£7.95**
Tuna Mayonnaise & Cucumber Sandwich or Baguette	**£6.50**	**Add Chips**	**£7.50**
Prawn Mayonnaise & Lettuce Sandwich or Baguette.	**£6.95**	**Add Chips**	**£7.95**
Mediterranean Baguette.....	**£6.95**	**Add Chips**	**£7.95**

With Feta Cheese, Tomato, Black Olive Rings, Oregano and Olive Oil.

OUR HOMEMADE OMELETTES (White or Brown Sliced Bread)

All served with Green Mixed Salad, Spring Onions, Cherry Tomatoes, Rocket, Balsamic Glaze & Olive Oil Dressing

Mushroom, Peppers & Cheese (V).....	**£6.50**	**Add Chips**	**£7.50**
Mushroom & Cheese(V)	**£6.50**	**Add Chips**	**£7.50**
Ham, Bacon & Cheese	**£6.50**	**Add Chips**	**£7.50**
Ham & Cheese.....	**£6.50**	**Add Chips**	**£7.50**
Ham, Bacon, Mushroom, Peppers & Cheese	**£6.95**	**Add Chips**	**£7.95**

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KIDS MENU

HOT DOG **£4.50**
With Fries, Baked Beans & Veggie Medley. (Carrot, Cucumber & Apple Sticks)

BURGER **£5.00**
With Fries, Baked Beans & Veggie Medley
With Cheese £6.00 ..... **Add Bacon £1.20**

CHICKEN NUGGETS **£4.50**
With Fries, Baked Beans & Veggie Medley.

MEATBALLS SPAGHETTI **£5.50**

CHICKEN OR PORK SOUVLAKI (1 SKEWER) **£5.50**
With Chips & Veggie Medley.

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OUR MOCKTAILS

STRAWBERRY FIELDS **£3.50**
Strawberry Syrup with Apple Juice, Elderflower Cordial & Vanilla Syrup, topped with Soda Water.

TROPICAL SUNSHINE **£3.50**
Pineapple, Orange & Citrus Juices with Passion Fruit, topped with Soda Water.

PEACH CRUSH **£3.50**
Peach Juice mixed with Lemon & cranberry juice, topped with Soda Water.

MINTY APPLE SODA **£3.50**
Mint, Vanilla Syrup & Apple juice, topped with Soda Water

OUR SMOOTHIES

GOLD MEDALIST **£4.00**
Blend of fresh Strawberries & Banana, Coconut syrup, Pineapple & Orange Juice.

HOLIDAY ISLE **£4.00**
Pineapple Juice, Orange Juice, Coconut Syrup, Vanilla Ice Cream.

KIDS SMOOTHIE **£4.00**
Fresh Strawberries blended with Peach Juice & Fresh Banana.

OUR SLUSHES (Over Crushed Ice)

STRAWBERRY LEMONADE SLUSH	**£3.00**	**Kids Size**	**£2.50**
BLUE RASPBERRY SLUSH	**£3.00**	**Kids Size**	**£2.50**
BUBBLEGUM LEMONADE SLUSH	**£3.00**	**Kids Size**	**£2.50**
LEMON, PEACH LEMONADE SLUSH	**£3.00**	**Kids Size**	**£2.50**

VANILLA ICE CREAM: £3.50 (2 Scoops with your favorite Sauce)

Chocolate	**Bubblegum**	**S Caramel**
Strawberry	**Raspberry**	**Oreo Cookie**

MILKSHAKES : £3.50 Kids Size £2.90

Vanilla	**Chocolate**	**Banana**	**Strawberry**
Oreo Cookie	**Salted Caramel**	**Raspberry**	**Bubblegum**

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OUR DESSERTS

TIRAMISU HOMEMADE (V) **£5.95**
Coffee-flavoured Italian dessert. It is made of ladyfingers dipped in coffee, layered with a whipped mixture of eggs, sugar, and mascarpone cheese, flavored with cocoa.

WARM CHOCOLATE FUDGE CAKE (V) **£6.75**
Served with a Scoop of Vanilla Ice Cream.

WARM APPLE PIE (V) **£5.95**
Served with Cold Cream or Vanilla Ice Cream & Cinnamon.

CHOCOLATE, SALTED CARAMELIZED CHEESECAKE (V) (VG) **£5.95**
Crisp Bourbon Biscuit, Topped with Dark Chocolate, Vegan Cheesecake & Salted Caramel.
Served with a Scoop of Vanilla Ice Cream & Salted Caramel Sauce.

CHOCOLATE FUDGE BROWNIE (V) (GF) **£5.95**
Warm, Sticky, Dense, Chocolate Brownie with Dark & White Chocolate Drops.
Served with a Scoop of Vanilla Ice Cream & Salted Caramel Sauce.

GREEK YOGURT, HONEY (CRETE) & WALNUTS **£5.95**

YALAKTOBUREKO HOMEMADE (V) **£6.75**
Custard wrapped in Filo Pastry, covered with Syrup & Cinnamon.

BAKLAVA HOMEMADE (V) **£6.75**
Pistachios & Almonds wrapped in Filo Pastry, covered with Syrup. Served with a Scoop of Vanilla Ice Cream.

SUNDAES (V) **£7.95**
Brownies - Vanilla Ice Cream topped with Brownie, Caramel Sauce, Toffee Pop Corn & Whipped Cream.

Berries - Vanilla Ice Cream topped with Berries, Strawberry Sauce, Meringue, Amaretti Biscuit & Whipped Cream.

VANILLA ICE CREAM: £3.50 (2 Scoops with your favorite Sauce)

Chocolate	Bubblegum	S Caramel
Strawberry	Raspberry	Oreo Cookie

MILKSHAKES : £3.50

Vanilla	Chocolate	Banana	Strawberry
Oreo Cookie	Salted Caramel	Raspberry	Bubblegum

OUR HOT DRINKS

AMERICANO £2.50	CAPPUCCINO..... £3.00	HOT CHOCOLATE £3.00
ESPRESSO..... £2.00	LATTE..... £3.00	TEA..... £2.50
GREEK COFFEE £3.00	MACCHIATO..... £3.00	

OUR LIQUEUR COFFEES: £6.20 (All Served With Whipping Cream)

IRISH COFFEE
Jameson Irish Whisky & Sugar.

CAFÉ HENRY III
Galliano, Kahlua, Brandy, Grand Marnier.

CAFÉ OSCAR
Kahlua & Amaretto.

CAFÉ GATES
Tia Maria, Dark Cacao & Grand Marnier.

CAFÉ NELSON
Baileys & Frangelico.

CAFÉ REGGAE
Kahlua, Spiced Rum & Tia Maria.

OUR BRANDIES

COURVOISIER..... £5.00	METAXA 5* £4.00	METAXA 7*..... £5.00

Please see our Cocktail List for a delicious after dinner Cocktail

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Tel: 01525 211404

Dunstable Road, Tilsworth, Bedfordshire, LU7 9PU

www.anchorpubtilsworth.co.uk

Our menu descriptions do not contain all ingredients, so please ask a member of staff before ordering about the presence of allergens in our food. Some foods contains nuts. We will do our best to accommodate you if any special dietary requirements are advised before ordering.