

ON YOUR PLATE

We will only ever serve you food we'd be happy to be served ourselves, which is why all our chicken and eggs are free-range. Even our ice-cream. So is our pork. Our steak is dry-aged Aberdeenshire beef. We avoid air-freighting fruit and vegetables by buying seasonal British produce wherever possible. Our cheeses come from artisan producers and are properly aged. Sourcing the best quality fresh ingredients from ethical producers costs us more, but we know that if we can trust our suppliers, then you can trust us.

DELI BOARDS

£10.50 per board. All served with bread & chutney

ANTIPASTI BOARD

Mixed Olives, Red Pepper Humous & Pitta Bread, Feta-stuffed Peppers, Potato Salad

CHARCUTERIE BOARD

Chorizo, Rare Roast Beef, Honey & Mustard Chipolatas, Chicken Liver Pâté, Piccalilli & Toasted Rustic Bread

CHEESE BOARD

Double Worcester, Taleggio, Brie, Quenby Hall Stilton, Golden Cross, Cream Cheese & Chives with Breadsticks, Grapes & Apple Chunks

FISH BOARD

Smoked Paprika Whitebait & Lemon Mayo, Taramasalata, Mackerel Pâté, Smoked Salmon, Tartar Sauce, Cucumber & Carrot Sticks

FAVOURITES BOARD

Smoked Salmon, Chicken Liver Pâté, Red Pepper Humous, Double Worcester

STARTERS/LIGHT MAINS

	SMALL	LARGE
Home-made Soup of the Day & Rustic Bread	£4.75	
Sweet Potato, Fennel & Broad Bean Salad, Parmesan Dressing	£5.50	
Baked Camembert For 2 To Share, Crudities, Tomato Chutney, Rustic Bread		£11.00
Chicken Liver Parfait, Tomato Chutney, Toasted Sour Dough Bread	£6.00	
Summer Ratatouille Pancakes. Creamy Goats' Cheese Sauce with or without Chicken	£5.50	£11.00
Tomato & Courgette Risotto, with or without Ham	£6.50	£10.50
Rare Roast Beef, New Potato & Beetroot Salad, Blue Cheese Crème Fraîche, Dressing	£6.00	£13.00
Tuna Niçoise Salad, Mustard Dressing	£6.75	£13.00
Caesar Salad, Roast Free-range Chicken, Crispy Bacon, Anchovies	£6.50	£12.75
Which includes a discretionary 25p contribution on your behalf to SportsAid Bedford as we're supporting Conner Washington, a young & promising local Athlete, who has a great chance of reaching the 2012 Olympics.		



CHAR-GRILL

28 Day Dry-aged Aberdeenshire 8 oz Rump Cap Steak, Chips, Béarnaise Sauce	£17.50
28 Day Dry-aged Aberdeenshire Côte De Boeuf On a Board For 2 to Share, Grilled Tomato, Fat Chips, Pepper Sauce	£40.00
28 Day Dry-aged Aberdeenshire 8 oz Rib Eye, Grilled Whole Mushroom, Chips, Blue Cheese Crème Fraîche	£19.50

MAINS

Sausage of the Day & Mash, Onion Gravy	£10.00
Sea Bass Fillets, Summer Vegetable Slaw, Carrot & Ginger Dressing	£13.50
Crispy Polenta Cake, Red Onion Marmalade, Grilled Goats Cheese, Pesto Dressing	£10.00
Sweetcorn Fritters, Aubergine Chutney Salad	£11.00
Free-range Chicken Kiev, Garlic & Herb Stuffing, Tomato & Courgette Gratin	£13.75
Market Fish	Market Price
Salmon Fishcake, Watercress Salad, Chive Butter Sauce	£10.50
Crispy Duck Leg, Sauté Pak Choi & Beanshoots, Hoi Sin Dressing	£12.50
Lamb Steaks, Spicy Cous Cous & Mint Yogurt Dressing	£14.50
8oz Ground Aberdeenshire Beef Burger, Cheese, Tomato Chutney, Coleslaw & Chips	£11.00

ROAST OF THE DAY

Served with Potato & Vegetables of the Day - See Board

MONDAY - 28 Day Dry-aged, Aberdeenshire Roast Beef	£12.00
TUESDAY - Jimmy Butler's Free-range Shoulder of Pork	£12.00
WEDNESDAY - Jimmy Butler's Free-range Gammon	£12.00
THURSDAY - 28 Day Dry-aged, Aberdeenshire Roast Beef	£12.00
FRIDAY - Jimmy Butler's Free-range Shoulder of Pork	£12.00
SATURDAY - Jimmy Butler's Free-range Gammon	£12.00
SUNDAY - 28 Day Dry-aged, Aberdeenshire Roast Beef	£12.00

SIDES & SALADS

Chips £2.75. New Potatoes £2.75. Runner Beans, Peas, Courgettes £2.75. Mixed Green Salad £2.75. Tomato & Red Onion Salad £2.75. Rocket & Parmesan Salad, Balsamic Dressing £3.00.

HAVE YOU SEEN OUR PRIVATE DINING ROOM? PLEASE ASK FOR DETAILS.

A Service Charge of 10% is added to parties of 6 or more. All tips received go to the team.

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

Our kitchen contains nuts. Please let us know if you suffer from food allergies.

THE EMBANKMENT

The Embankment, Bedford, MK40 3PD Tel: 01234 26 13 32 Email: embankment@peachpubs.com

www.embankmentbedford.co.uk

THROUGH THE DAY AT THE EMBANKMENT

EXPRESS MENU (Served Noon - 6pm)

Home-made Soup of the Day	£4.75
Roast of the Day	See box below
8oz Ground Aberdeenshire Beef Burger, Cheese, Tomato Chutney, Coleslaw & Chips	£11.00
Sausage & Mash, Onion Gravy	£10.00
Salmon Fishcake, Watercress Salad, Chive Butter Sauce	£10.50
Caesar Salad, Grilled Free-range Chicken, Crispy Bacon, Anchovies	£6.50 £12.75
Which includes a discretionary 25p contribution on your behalf to SportsAid Bedford as we're supporting Conner Washington, a young & promising local Athlete, who has a great chance of reaching the 2012 Olympics.	



DELI BOARDS

£10.50 per board. All served with bread & chutney

SANDWICHES

All our sandwiches are served with Soup or Chips.
Sandwiches not served on Sundays.

Brie, Red Onion Marmalade & Rocket	£6.00
Hot Meat Roll of the Day	£6.00
BLT Sandwich	£6.00
Steak Ciabatta, Chips & Béarnaise	£6.00
Cajun Chicken Wrap, Iceberg Lettuce	£6.00

ROAST OF THE DAY

Served with Potato & Vegetables of the Day - See Board

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Jimmy Butler's Free-range Shoulder of Pork	£12.00
SATURDAY	
Jimmy Butler's Free-range Gammon	£12.00
SUNDAY	
28 Day Dry-aged, Aberdeenshire Roast Beef	£12.00

IF YOU'RE DINING ON THE PATIO,
PLEASE ORDER THROUGH THE BAR

HAVE YOU SEEN OUR PRIVATE DINING ROOM?
PLEASE ASK FOR DETAILS.

PICNIC BASKETS AVAILABLE
UPON REQUEST

Our kitchen contains nuts. Please let us know if you suffer from food allergies.

LUNCHTIME AT THE EMBANKMENT

(Served Noon - 2.30pm)

DELI BOARDS

£10.50 per board. All served with bread & chutney

ANTIPASTI BOARD

Mixed Olives, Red Pepper Houmous & Pitta Bread, Feta-stuffed Peppers, Potato Salad

CHARCUTERIE BOARD

Chorizo, Rare Roast Beef, Honey & Mustard Chipolatas, Chicken Liver Pâté, Piccalilli & Toasted Rustic Bread

CHEESE BOARD

Double Worcester, Taleggio, Brie, Quenby Hall Stilton, Golden Cross, Cream Cheese & Chives with Breadsticks, Grapes & Apple Chunks

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FAVOURITES BOARD

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STARTERS/LIGHT MAINS

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SUMMER PUDS

Summer Pudding & Cream	£5.00
Creme Brulée, Vanilla Shortbread	£5.00
Chocolate & Almond Torte, Vanilla Ice Cream	£5.00
Strawberry Knickerbocker Glory	£5.00
Assiette of Desserts	£11.00
Selection of Jude's Free-range Ice Cream & Sorbets, Waffle Cone, Sauces & Sprinkles	£5.00
<small>(Choose from; Vanilla, Strawberry, Chocolate, Lemon Sorbet, Mango Sorbet)</small>	
Selection of Artisan Cheeses, Celery, Apples, Grapes & Crackers	£6.50
With a glass of Tanners Late-bottled Vintage Port	£10.00

STICKIES

Monbazillac, Chateau le Fagé	£4.75 100ml	£17.50 375ml
Tanners Late-bottled Vintage Port	£5.50 100ml	£17.50 375ml
Quinta do Noval 10 year old Tawny Port		£6.50 100ml

EVERYDAY COFFEES

Filter Coffee	£2.00
Espresso, Cappuccino, Latte, Double Espresso, Americano, Macchiato or Mocha	£2.20

SPECIAL COFFEES

Amaretto Latte, Maple Maracca Nut Shake	£4.00
Cinnamon & Caramel Latte	£3.00
Irish, French or Calypso Coffee	£4.00
Creamy Hot Chocolate & Marshmallows	£3.00
Babyccino (specially for children - frothy milk dusted with chocolate)	£1.00

All our coffees are hand-roasted weekly by Union Hand-Roasted, voted No. 1 Ethical Coffee Company 2007

TEAS

Tea Pig Flavoured Teas,	£2.00
English Breakfast, Chai Tea, Super Fruit, Pure Lemongrass, Organic Honey Bush & Rooibos, Chamomile Flowers, Darjeeling Earl Grey, Mao Feng Green Tea, Peppermint Leaves.	

NIGHTCAPS

Janneau VSOP Armagnac, Père Magloire Fine Calvados,	
The Glenlivet 12 Year Old Single Malt Whisky	£5.00 50ml
Amaretto, Cointreau	£4.00 50ml

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BREAKFAST AT THE EMBANKMENT

Full English Served with choice of Fried, Scrambled or Poached Eggs	£9.60
Free-range Bacon Bap	£3.50
Eggs Benedict	£7.50
Scrambled Eggs & Smoked Salmon	£7.00
Selections of Cereals	£1.80
Freshly Squeezed Juices	£2.00

EVERYDAY COFFEES

Filter Coffee	£2.00
Espresso, Cappuccino, Latte, Double Espresso, Americano, Macchiato or Mocha	£2.20

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