



We only ever serve food we'd be happy to be served ourselves. All our pork, bacon, chicken & eggs are free-range. Our beef & lamb are British & we visit the farmers regularly. To avoid air-freighting, we buy seasonal British fruit & veg & sustainable native fish wherever possible. But sourcing the good stuff is pointless without properly skilled chefs, determined to turn it into honest plates of food every day. So we invest in that rare breed too.

## DELI BOARDS

£11.50 per board

**CHEESE BOARD** Quicques Traditional Hard Goats Cheese, Winterdale Shaw, Cropwell Bishop Stilton, Reblochon de Savoie, Miller Damsel Biscuits, Celery, Apple & Raisin Chutney

**COLD CUTS BOARD** Chicken Liver Parfait, Honey Roast Ham, Mini Pie, Aberdeenshire Rare Roast Beef, Piccalilli, Pickles & Mini Loaf

**FAVOURITES BOARD** Honey Roast Ham, Bombay Bonda, Spiced Tomato Houmous & Crudités, Smoked Mackerel Pâté, Tomato Chutney & Mini Loaf

**FISH BOARD** Smoked Mackerel Pâté, Prawn Cocktail, Marinated Anchovies, Hake & Crab Filo Parcel & Tartare Sauce, Marinated Beetroot & Rye Bread

**VEGGIE BOARD** Mixed Olives, Spiced Tomato Houmous & Crudités, Bombay Bonda, Marinated Beetroot, Tomato Chutney, Cheese Straws & Warm Pitta

Or make up your own board from the selection above at £2.30 per item

## STARTERS

## EITHER / OR

			SMALL	LARGE
Home-made Soup of the Day & Rustic Bread	£5.00	Wild Mushroom & Herb Risotto,		
Chicken Liver Parfait, Red Onion Jam Rustic Bread	£6.25	with or without Free-range Ham	£6.75	£11.75
Classic Prawn Cocktail	£7.00	Superfood Salad of Feta, Avocado,		
Grilled Goats Cheese, Watercress, Pumpkin Seed & Beetroot Salad, Balsamic Reduction	£6.50	Cucumber, Alfalfa, Quinoa & Mint Vinaigrette	£6.75	£12.50
Seared Pigeon Breast, Honey & Thyme, Glazed Root Vegetables	£7.50	Moules Marinière	£6.50	£12.00
		Herb Pancakes, Squash & Sage Stuffing,		
		Goat's Cheese Sauce with or without		
		Free-range Chicken	£7.25	£11.50
		Caesar Salad, Roast Free-range Chicken,		
		Crispy Bacon & Anchovies	£7.75	£11.50
		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 Casterbridge 8oz Rump Cap Steak Chips, Peppercorn Sauce, Watercress Salad	£18.50
28 Day Dry-aged Casterbridge Côte de Boeuf on a Board for Two to Share, Fat Chips, Mushrooms, Onion Rings, Horseradish Crème Fraîche	£44.00
8oz Casterbridge Beef Cheese Burger, Chips & Onion Rings	£11.00

## MAINS

Sausage of the Day & Mash, Onion Gravy	£10.75
Free-range Chicken Schnitzel, Tomato & Fresh Herb Linguine	£14.50
Vegetable Wellington, Mushroom Cream Sauce	£10.75
Salmon & Herb Fishcake, Salsa Verde, Green Salad	£11.75
Market Fish	Market Price
Pan-fried Welsh Sea Bass Fillets, Crushed Potatoes, Prawn Butter Sauce	£15.75
Blade of Beef, Bourguignon Sauce, Creamy Mash	£15.00
Grilled Smoked Haddock, Spinach, Poached Egg, Wholegrain Mustard Sauce	£13.75

## ROAST OF THE DAY

MONDAY - 28 Day-dry Aged, Casterbridge Roast Beef, Roast Potatoes, Braised Red Cabbage, Carrot Purée, Yorkshire Pudding & Gravy	£13.00
TUESDAY - Free-range Leg of Pork, Boulangère Potatoes, Sauté Cabbage, Apple Sauce & Gravy	£13.00
WEDNESDAY - Free-range Gammon, Bubble & Squeak Mash, Mustard Sauce	£13.00
THURSDAY - 28 Day-dry Aged, Casterbridge Roast Beef, Roast Potatoes, Braised Red Cabbage, Carrot Purée, Yorkshire Pudding & Gravy	£13.00
FRIDAY - Free-range Leg of Pork, Boulangère Potatoes, Sauté Cabbage, Apple Sauce & Gravy	£13.00
SATURDAY - Free-range Gammon, Bubble & Squeak Mash, Mustard Sauce	£13.00
SUNDAY - Roast Beef, Pork, Gammon. All served with, Braised Red Cabbage, Carrot Purée, Buttered Greens & Roast Potatoes, Yorkshire Pudding & Gravy	£13.00

## SIDES & SALADS

Chips £3.00. Mash £3.25. Mixed Green Salad £3.25.  
Tomato & Red Onion Salad, Balsamic Dressing £3.25. Buttered Winter Greens £3.00.  
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.



Did you know we have sister pubs?

**THE SWAN**  
SALFORD

2 Wavendon Road, Salford,  
Milton Keynes MK17 8BD  
T. 01908 281 008

**THE EMBANKMENT**

The Embankment, Bedford, MK40 3PD  
Tel: 01234 26 13 32 Email: [embankment@peachpubs.com](mailto:embankment@peachpubs.com)  
[www.embankmentbedford.co.uk](http://www.embankmentbedford.co.uk)  
[twitter.com/theembankment](https://twitter.com/theembankment) [facebook.com/embankmentbedford](https://facebook.com/embankmentbedford)

**THE BLACK HORSE**  
Woburn

1 Bedford Street, Woburn,  
Bedfordshire MK17 9QB  
T. 01525 290 210

# THROUGH THE DAY AT THE EMBANKMENT

## EXPRESS MENU (Served Noon - 6pm)

Cauliflower & Macaroni Cheese, Baby Leaves	£8.75
8oz Casterbridge Beef Cheese Burger, Chips & Onion Rings	£11.00
Cottage Pie & Peas	£8.75
Salmon & Herb Fishcake, Salsa Verde, Green Salad	£11.75
Herb Pancakes, Squash & Sage Stuffing, Goat's Cheese Sauce with or without Free-range Chicken	£11.50
Roast of the Day	See box below

## DELI BOARDS £11.50 per board.

## TOASTIES

(Served Monday - Saturday, not served on Sundays)  
All our toasties are served with Soup or Chips.

Roast Meat Roll of the Day	£6.75
Tuna, Sweetcorn, Spring Onion & Mozzarella Melt	£6.50
Brie & Caramelised Onion Toastie	£6.50
Cheddar, Tomato & Free-range Ham Toastie	£6.50
All of the Toasties to Share	£16.50

## ROAST OF THE DAY

### MONDAY

28 Day-dry Aged, Casterbridge Roast Beef, Roast Potatoes, Braised Red Cabbage, Carrot Purée, Yorkshire Pudding & Gravy £13.00

### TUESDAY

Free-range Leg of Pork, Boulangère Potatoes, Sauté Cabbage, Apple Sauce & Gravy £13.00

### WEDNESDAY

Free-range Gammon, Bubble & Squeak Mash, Mustard Sauce £13.00

### THURSDAY

28 Day-dry Aged, Casterbridge Roast Beef, Roast Potatoes, Braised Red Cabbage, Carrot Purée, Yorkshire Pudding & Gravy £13.00

### FRIDAY

Free-range Leg of Pork, Boulangère Potatoes, Sauté Cabbage, Apple Sauce & Gravy £13.00

### SATURDAY

Free-range Gammon, Bubble & Squeak Mash, Mustard Sauce £13.00

### SUNDAY

Roast Beef, Pork, Gammon.  
All served with, Braised Red Cabbage, Carrot Purée, Buttered Greens & Roast Potatoes, Yorkshire Pudding & Gravy £13.00

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

**SERVE  
THE GOOD  
STUFF!**

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**THE BLACK HORSE**  
Woburn

1 Bedford Street, Woburn,  
Bedfordshire MK17 9QB  
T. 01525 290 210

# LUNCHTIME AT THE EMBANKMENT

(Served Noon - 2.30pm)

## DELI BOARDS £11.50 per board

### CHEESE BOARD

Quickes Traditional Hard Goats Cheese, Winterdale Shaw, Cropwell Bishop Stilton, Reblochon de Savoie, Cornish Brie, Miller Damsel Biscuits, Celery, Apple & Raisin Chutney

### COLD CUTS BOARD

Chicken Liver Parfait, Honey Roast Ham, Mini Pie, Aberdeenshire Rare Roast Beef, Piccalilli, Pickles & Mini Loaf

### FAVOURITES BOARD

Honey Roast Ham, Bombay Bonda, Spiced Tomato Houmous & Crudités, Smoked Mackerel Pâté, Tomato Chutney & Mini Loaf

### FISH BOARD

Smoked Mackerel Pâté, Prawn Cocktail, Marinated Anchovies, Hake & Crab Filo Parcel & Tartare Sauce, Marinated Beetroot & Rye Bread

### VEGGIE BOARD

Mixed Olives, Spiced Tomato Houmous & Crudités, Bombay Bonda, Marinated Beetroot, Tomato Chutney, Cheese Straws & Warm Pitta

Or make up your own board from the selection above at £2.30 per item

## STARTERS

Home-made Soup of the Day & Rustic Bread	£5.00
Chicken Liver Parfait, Red Onion Jam Rustic Bread	£6.25
Classic Prawn Cocktail	£7.00
Grilled Goats Cheese, Watercress, Pumpkin Seed & Beetroot Salad, Balsamic Reduction	£6.50
Seared Pigeon Breast, Honey & Thyme, Glazed Root Vegetables	£7.50

## EITHER / OR

Wild Mushroom & Herb Risotto, with or without Free-range Ham	£6.75	£11.75
Superfood Salad of Feta, Avocado, Cucumber, Alfalfa, Quinoa & Mint Vinaigrette	£6.75	£12.50
Moules Marinière	£6.50	£12.00
Herb Pancakes, Squash & Sage Stuffing, Goat's Cheese Sauce with or without Free-range Chicken	£7.25	£11.50
Caesar Salad, Roast Free-range Chicken, Crispy Bacon & Anchovies	£7.75	£11.50
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.		



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8oz Casterbridge Beef Cheese Burger, Chips & Onion Rings	£11.00

## MAINS

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Free-range Chicken Schnitzel, Tomato & Fresh Herb Linguine	£14.50
Vegetable Wellington, Mushroom Cream Sauce	£10.75
Salmon & Herb Fishcake, Salsa Verde, Green Salad	£11.75
Market Fish	Market Price
Pan-fried Welsh Sea Bass Fillets, Crushed Potatoes, Prawn Butter Sauce	£15.75
Blade of Beef, Bourguignon Sauce, Creamy Mash	£15.00
Grilled Smoked Haddock, Spinach, Poached Egg, Wholegrain Mustard Sauce	£13.75

## SIDES & SALADS

Chips £3.00. Mash £3.25. Mixed Green Salad £3.25.  
Tomato & Red Onion Salad, Balsamic Dressing £3.25.  
Buttered Winter Greens £3.00.

# WINTER PUDS

Banoffee Knickerbocker Glory	£5.75
Sticky Toffee Pudding, Hot Butterscotch Sauce	£5.75
Warm Chocolate Brownie, Hot Chocolate Sauce	£5.75
Lemon Posset, Winter Fruits, Shortbread Biscuit	£5.75
Selection of Jude's Free-range Ice Creams & Sorbets & Waffle Cone	£5.75
<small>(Choose 3 from: Vanilla, Honeycomb, Strawberry, Salted Caramel, Peach &amp; Champagne Sorbet, Apple Sorbet)</small>	
A Morsel of Cheese with Chutney, Apple, Celery & Biscuits	£7.00
<small>(Choose 3 from: Quickest Traditional Hard Goats Cheese, Winterdale Shaw, Cropwell Bishop Stilton, Reblochon de Savoie, Cornish Brie)</small>	
Cheese with a glass of Tanners Late-bottled Vintage Port	£10.50

## COFFEES

All our coffees are 100% Arabica beans, hand-roasted weekly by Union Hand-Roasted.

Filter Coffee or Espresso	£2.30
Cappuccino, Latte, Double Espresso, Americano, Macchiato	£2.50
Amaretto Latte, Liqueur Coffee	£4.00
Hot Chocolate & Marshmallows, Mocha or Cinnamon & Caramel Latte	£3.00
Babyccino, (Specially for Children - frothy milk dusted with chocolate)	£1.00

## TEAS

Novus Whole Leaf Teas - English Breakfast, Earl Grey, Green Tea, Peppermint, Citrus Camomile, Pomegranate, Wild Encounter, Pai Mu Tan, Organic Jasmine, Organic Darjeeling, Spiced Chai Tea, Fresh Mint Tea	£2.00
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## AND FINALLY...

Monbazillac, Chateau le Fagé	£18.50	375ml		
Torres Moscatel Oro	£4.00	100ml		
Tanners Late-bottled Vintage Port	£5.50	100ml	£19.00	375ml
Quinta do Noval 10 year old Tawny Port	£6.50	100ml		
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

Free-range Bacon Bap or Sausage Bap	£3.50
Smoked Salmon & Scrambled Eggs	£7.50
Full English Breakfast Choice of Scrambled, Fried or Poached Eggs	£9.50
Selection of Cereals	£1.80
Eggs Benedict	£7.00

## EVERYDAY COFFEES

Filter Coffee	£2.30
Espresso, Cappuccino, Latte, Double Espresso, Americano, Macchiato	£2.50

## SPECIAL COFFEES

Amaretto Latte	£4.00
Cinnamon & Caramel Latte	£3.00
Irish, French or Calypso Coffee	£4.00
Creamy Hot Chocolate & Marshmallows or Mocha	£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

English Breakfast, Fresh Mint Tea, Novus Whole Leaf Teas - Earl Grey, Green Tea, Peppermint, Citrus Camomile, Pomegranate, Wild Encounter, Pai Mu Tan, Organic Jasmine, Organic Darjeeling, Spiced Chai Tea	£2.00
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