SUMMER AT THE BLACK HORSE

Summer is the season when our green & pleasant land supplies the most wonderful ingredients: soft fruits with matchless flavour; all sorts of greenery from beans to fresh, peppery leaves; tomatoes that taste and smell of tomato. The Cornish day boats we use bring in sparkling sardines and mackerel. Native lobster are also in season. All our beef, pork, lamb and chicken are free-range and the best British quality. We serve the good stuff, because it's what makes life worth living.

DELI

Warm Mini-loaf & Roasted Garlic Butter	£2.50
CHEESE BOARD	£13.50

Channel Island Brie, Kirkham's Lancashire, Goddess,

Capra Nouveau & Blue Monday, Apples, Celery, Toast Biscuits & Chutney

CHARCUTERIE BOARD

£14.50

Ibérico Serrano Ham, Salchichón & Lomo, Free-range Chicken Terrine, Balsamic Onions & Pickles, Warm Mini Loaf

FAVOURITES BOARD

Ibérico Serrano Ham, Channel Island Brie, Heritage Tomato Salad,
Houmous & Crème Fraîche Dip, Tenderstem Broccoli & Baby Carrots,

Tomato Chutney & Warm Pitta

FISH BOARD

Potted Brixham Crab, Breaded Smoked Sardines

& Heritage Tomatoes, Severn & Wye Smoked Salmon, Crispy Squid & Aioli, Soused Cucumber & Fennel, Milwaukee Rye

SUPERFOOD BOARD Warm Honey & Soy Sugar Snaps, Tomato Salad, Goats' Curd, Beetroot Tabbouleh, Houmous & Crème Fraîche Dip,

Tenderstem Broccoli & Baby Carrots, Wholegrain Flatbread

ALL DAY

£12.75

12pm - 6pm

Soup of the Day - See Blackboard	£5.00
Seared Tuna Niçoise Salad, Caper & Dijon Dressing	£15.75
Coarse-ground Bavette Steak Burger, Cheddar Cheese,	610.50
Burger Sauce, Coleslaw, Chips & Onion Rings	£12.50
Add Mushroom or Bacon	£1.00
Free-range Hot Dog, Sweet Tomato Relish & Danish Mustard Ma Crispy Onions & Skinny Chips	ayo, £8.50
Chilli & Lime-spiked Fishcake, Red Pepper Salsa, Baby Leaves & Chive Sour Cream	£11.75
Superfood Salad of Marinated Feta, Beetroot Tabbouleh, Sugar Snaps & Baby Spinach, Orange & Shallot Dressing	£13.50

All our Sandwiches come with a choice of Chips or Soup

Aubrey's Peppered Steak Ciabatta, Fried Onions & Mushrooms	£9.75
Severn & Wye Smoked Salmon, Soused Fennel & Cucumber on Milwaukee Rye	£7.75
Goats' Curd & Char-grilled Vegetable Toasted Pitta	£7.00

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.

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

Please let us know if you suffer from food allergies.

THE BLACK HORSE

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THE EMBANKMENT

embankmentbedford.co.uk

LUNCH

12pm - 3pn

STARTERS

Soup of the Day - See Blackboard	£5.00
Heritage Tomato, Laverstoke Mozzarella & Basil Salad	£5.50
Free-range Chicken Terrine, Plum Compote	
& Toasted Sourdough	£7.50
Beetroot & Chase Vodka Gravlax, Soused Cucumber	
& Horseradish Yoghurt	£7.00
Breaded Goat's Cheese, Fig Purée & Toasted Hazelnuts	£6.50
Aubrey Allen Beef Carpaccio, Rocket & Parmesan Sala	d,
Truffle Oil	£8.25

SALADS & RICE

	STARTER	MAIN
Sweetcorn & Spring Onion Carnaroli Risotto, Parmesan Crisp	£6.75	£12.50
Jimmy Butler's Free-range Pork Belly, Crunchy Vegetable Salad, Mango & Chilli Salsa	£7.50	£14.00
King Prawn, Melon & Avocado Salad, Bloody Mary Dressing	£7.25	£13.50
Seared Tuna Niçoise Salad, Caper & Dijon Dressing	£8.00	£15.75
Superfood Salad of Marinated Feta, Beetroot Tabbouleh, Sugar Snaps & Baby Spinach, Orange & Shallot Dressing	£7.00	£13.50

This includes a discretionary 25p contribution to The Peach Foundation, which supports education and promotion of healthy eating, sports and conservation in Africa

MAINS

Maple-cured Free-range Gammon Rib Eye Steak, Poached Egg & Chips	£13.50
Free-range Chicken Breast, Classic Caesar Salad, Crispy Bacon & Anchovies	£14.75
Heritage Tomato Quiche, Char-grilled Aubergine Salad, Basil Pesto	£13.25
South Coast Hake Supreme, Sautéed Chorizo, Potatoes & Samphire, Lemon Purée	£15.75
BBQ Sharing Board, Pulled Pork, Dandy Ribs & Cajun Chicken Drumsticks, Coleslaw, Potato Wedges & Aspall's Cider Ketchup	£37.00
Pan-fried Bream Fillet, Brixham Crab & Fennel Linguini, Roasted Cherry Tomatoes	£16.50
Herb-crusted Rack of Lamb, Dauphinoise Potatoes, Pea, Broad Bean & Mint Fricassée	£19.50
Chilli & Lime-spiked Fishcake, Red Pepper Salsa, Baby Leaves & Chive Sour Cream	£11.75



STEAKS

Award-winning butcher Aubrey Allen supplies our steak, selected from the best British grass-fed beef herds, dry-aged for superb flavour and tenderness.

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8oz Rump Steak, Chips, Watercress, Peppercorn Sauce or Horseradish Crème Fraîche	£19.50
10oz Rib Eye, Chips, Watercress, Peppercorn Sauce or Horseradish Crème Fraîche	£25.00
10oz French-cut Rump, Roasted Summer Squash & Oyster Mushroom Salad, Blue Monday Dressing	£23.50
Add a Grill Garnish of Roast Field Mushrooms, Garlic & Thyme Plum Tomatoes & Beer Battered Onion Rings	£3.00

SIDES

SIDES	
Chips	£3.25
New Potatoes, Sea Salt & Minted Butter	£3.25
Green Bean, Fennel & Tomato Salad, Mays & Green French Dressing	£3.75
Garden Salad, Orange & Shallot Dressing	£3.50
Buttered Courgettes, Peas & Beans	£3.75