

Recruiting Sergeant Sunday Lunch Menu

For guests with any food/drink allergies please advise us at point of ordering

Starters

Classic French Onion Soup
with Comte Cheese & Brioche Croute 8.95
Mixed Bread & Spanish Olives 7.95
Salt & Pepper South Coast Squid & King Prawns
with Asian Sweet Chilli Dipping Sauce 15.95
Crispy Pork Belly with Singapore Noodles, Kung Po Sauce 13.95
Mixed Spanish Tapas Plate with Sundried Tomato Bread 14.95
Hoi Sin Duck Bao Bun with Shredded Duck
Spring Roll & Peking Sauce £13.95
Pan Fried Hebridean King Scallops with Confit Pork Belly,
Apple Puree & Lobster Croquette 16.95
Garlic, Truffle & Honey Baked Camembert with Crusty Bread -
Tomato Chutney 13.95

Atlantic Prawn Cocktail with Baby Gem Lettuce
& Buttered Brown Bread 13.95
Breaded Chestnut Mushrooms
with Smoked Raclette Cheese Fondue 13.95
Crispy Fish & King Prawn Tacos with Guacamole,
Mango & Coriander Salsa 14.95
Chargrilled Lamb Kofta Skewer
with Crispy Harissa Lamb Shoulder Croquette,
Moroccan Cous Cous, Beetroot Ezme £13.95
Half Dozen Market Oysters
with Classic Shallot Vinaigrette 17.95
Barbecued Cornish Sardines on Bruschetta
with a Sundried Tomato Gremolata 13.95

Roasts

Roast Sirloin of English Beef with
Yorkshire Pudding (Served Pink) 23.95

Crackling Loin of Swannington Pork
with Stuffing & Apple Sauce 21.95

Sergeant Mixed Roast
with all the trimmings 30.95

Roast Breast of Norfolk Chicken
with Sausage & Stuffing 20.95

Slow Cooked English Lamb Shank
with Mint Sauce 23.95

Steamed Steak Kidney Pudding
in Horseradish Suet Pastry 21.95

all roasts served with Yorkshire Pudding, Roast and Mash Potatoes and Vegetables

Mains

Battered Fillet of Haddock with Homecut Chips,
Minted Mushy Peas & Tartare Sauce 20.95
Pan Fried Wild Seabass Fillet with Cromer Crab Cake,
Local Samphire & Potted Brown Shrimp Burre blanc 31.95
Local Dry Aged Steak Burger with Maple Bacon, Emmental Cheese,
BBQ Sauce in a Toasted Brioche Bun with Fries 20.95
Grilled Half Local Lobster in Garlic Butter with Local Samphire,
Crispy Tempura Prawns & Straw Fries 31.95
Char Sui Swannington Pork Belly, Egg Fried Rice Wok Greens
& Cantonese Crispy Pork Balls 26.95
Mixed Fish & Smoked Fish Pie with Hot Roast Salmon
& Cheddar Mash 25.95
Roast Fillet of Hake with Warmn Octopus & Chorizo Salad
with Samphire & Lemon & Garlic Aioli 25.95
Jamaican Style Mutton Curry with Toasted
Coconut Rice, Charred Rum & Muscavado Pineapple
& Crispy Plantain Crisps 24.95
Crispy Chilli Beef With Stir Fried Udon Noodles,
Crushed Peanuts & Coriander 26.95

Seared Tuna Loin with Chilli Crab Salad, Japanese Sesame
Cucumbers & Crispy Furikake Fried Squid 28.95
Chargrilled Fillet of Swannington Beef Surf and Turf with Garlic
King Prawns, Watercress Salad & Sea Salt Fries 42.95
Whole Grilled Local Plaice with Cockle & Samphire Butter
- Herb New Potatoes
Pan Fried Fillet of Halibut with Dauphinoise Potatoes,
Buttered Greens - Lobster & King Prawn Sauce 31.95
Chargrilled Swannington 10oz Ribeye Steak with Mushrooms,
Homecut Chips & Crispy Onion Rings 36.95
Lamyai's Thai Yellow King Prawn Curry with Sesame King Fish,
Jasmine Rice & King Prawn Moneybags 25.95
Grilled English Lamb Chops with Greek Mezze,
Crispy Halloumi & Flat Bread 27.95
Lemon & Herb Breaded Monkfish Goujons with Smoked
Raclette Cheese Fondue & Sea Fries 26.95
Grilled Wing of Local Skate with Lemon & Caper Butter
or Battered with Chips & Garden Peas 29.95
Chargrilled 20oz Porterhouse Steak with Chips, Garlic
Mushrooms, Beef Tomato & Onion Rings 45.95
Barbecued Baby Back Ribs with Fries & Coleslaw 27.95
Chargrilled Cajun Marinated Flat Iron Steak
with Caesar Salad & Spiced Fries 29.95
Pan Fried 20-24oz Dover Sole Meuniere with Norfolk
Peer Potatoes & Buttered Samphire 44.95

Vegetarian

Wild Mushroom, Parmesan & Truffle Pappardelle Pasta with crispy
Goats Cheese, Rocket Salad & Garlic Dough Balls £18.95
Sergeants Cranberry, Chestnut & Walnut Nut Roast with Thyme
Roast Potatoes & Seasonal Greens (vegan option) 18.95
Sweet Potato, Coconut & Chick Pea Curry with Pilau Rice, Onion
Bhaji & Naan Bread (vegan option) 18.95
Grilled Halloumi with Hot Honey Dip, Mixed Greek Mezze & Charred
Flat Bread 18.95
Portabello Mushroom and Melting Camembert Cheese Burger
with Truffle Mayonnaise, Rocket, Sundried Tomatoes, Crispy Fries and
Coleslaw 18.95

Sides

Cauliflower Cheese 6.95
Onion Rings 6.95
Cheesy Garlic Bread 5.95
Truffle and Parmesan Fries 5.95
Sausage Meat Stuffing 6.95
Buttered Samphire 7.95

Children's Menu

(Strictly under 14's Only)

£9.45	Fresh Fillet of Fish Battered with Chunky Chips and Garden Peas
£9.00	Swannington Pork Sausages with Creamy Mash, Gravy and Carrots or Fries and Baked Beans
£10.00	Swannington Burger with Cheese in a Bun with Fries and Coleslaw
£8.00	Classic Chicken Nuggets with Chips and Baked Beans
£10.00	Swannington Ham Egg and Chips
£10.45	Breaded Scampi with Homecut Chips and Garden Peas
£7.45	Penne Pasta with Rich Tomato Sauce topped with Cheese
£9.00	Penne Pasta Bolognese topped with Parmesan
£7.00	6" Oven Baked Margarita Pizza

On Sundays any roast is available as a half portion for children.

FOOD ALLERGIES & INTOLERANCES — All of our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are prepared and our menu descriptions do not include all ingredients. Please ask a member of staff if you require assistance.

COLCHESTER INNS

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