

# 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 13.95  
Barbecued Jerk Lamb Fillet with Coconut Roti - Mango & Coriander Salad 13.95  
Chicken Liver Parfait with Toasted Brioche, Cornichons & Caramelised Onion Chutney 13.95  
Chargrilled Swordfish with Nduja, Spanish Tortilla & Crispy Calamari 15.95  
Local Seashore Plate (*Cromer Crab, Cockles, Potted Brown Shrimps & Samphire*) 15.95
- Garlic, Truffle & Honey Baked Camembert with Crusty Bread - Tomato & Onion Chutney 13.95  
Atlantic Prawn Cocktail with Baby Gem Lettuce & Buttered Brown Bread 13.95  
Creamy Burrata with Balsamic Roasted Peach & Vignarola Salad 14.95  
Pan Fried Hebridean King Scallops with Lobster Croquette, Samphire & Lobster Sauce 16.95  
Crispy Chiili Beef with Peanut & Coriander Salad £13.95  
(Or Main with Stir Fried Udon Noodles) £24.95  
Half Dozen Market Oysters with Classic Shallot Vinaigrette 17.95

## Roasts

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| 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 28.95             |
| 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 20.95 |

*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  
Roasted Half Char Sui Duck with Egg Fried Rice, Duck Spring Roll & Cucumber & Coriander Salad 24.95  
Seared Tuna with a Heritage Tomato Nicoise Salad & Crispy Calamari 27.95  
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 29.95  
Mixed Fish & Smoked Fish Pie with Hot Roast Salmon & Cheddar Mash 23.95  
Cromer Crab & Mixed Seafood Salad with Samphire & Buttered Norfolk Peer Potatoes 29.95  
Jamaican Style Mutton Curry with Toasted Coconut Rice, Charred Rum & Muscavado Pineapple & Crispy Plantain Crisps 23.95  
Sticky Korean Fried Chicken with Cucumber Kimchi & Soy, Honey & Sesame Ramen Noodles £23.95  
Salt & Pepper Crispy South Coast Squid & King Prawns with Chilli Soy & Ginger - Drunken Noodles 27.95
- Pan Fried Fillet of Salmon with Hot Roast Salmon & Watercress Frittata - Spanish Style Pippirrana Salad 25.95  
Chargrilled Fillet of Swannington Beef Surf and Turf with Garlic King Prawns, Watercress Salad & Sea Salt Fries 41.95  
Chargrilled Tandoori Chicken Skewer with Garlic Naan Kachumber Salad & Pilau Rice - Onion Bhaji & Poppadum 24.95  
Pan Fried Fillet of Halibut with Dauphinoise Potatoes, Buttered Greens - Lobster & King Prawn Sauce 29.95  
Chargrilled Swannington 10oz Ribeye Steak with Mushrooms, Homecut Chips & Crispy Onion Rings 34.95  
Harrisa Marinated Lamb Chops with Charred Flat Bread, Roquito Pepper & Red Onion Salad 27.95  
Lemon & Herb Breaded Monkfish Goujons with Gruyere Cheese Fondue, Sea Fries & Buttered Samphire 26.95  
Grilled Wing of Local Skate with Lemon & Caper Butter **or** Battered with Chips & Garden Peas 27.95  
Lamyia's King Prawn Red Thai Curry with Jasmine Rice, King Prawn Money Bags and Sesame Prawn Toast 28.95  
Chargrilled 20oz Porterhouse Steak with Chips, Garlic Mushrooms, Beef Tomato & Onion Rings 45.95  
Barbecued Baby Back Ribs with Fries & Coleslaw 25.95  
Chargrilled Cajun Marinated Flat Iron Steak with Caesar Salad & Spiced Fries 27.95  
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

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

# *Children's Menu*

**(Strictly under 14's Only)**

£8.95	Fresh Fillet of Fish Battered with Chunky Chips and Garden Peas
£8.50	Swannington Pork Sausages with Creamy Mash, Gravy and Carrots or Fries and Baked Beans
£9.50	Swannington Burger with Cheese in a Bun with Fries and Coleslaw
£7.50	Classic Chicken Nuggets with Chips and Baked Beans
£9.50	Swannington Ham Egg and Chips
£9.95	Breaded Scampi with Homecut Chips and Garden Peas
£6.95	Penne Pasta with Rich Tomato Sauce topped with Cheese
£8.50	Penne Pasta Bolognese topped with Parmesan
£6.50	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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