

# 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  
Tempura King Prawns with Asian  
Sweet Chilli Dipping Sauce 13.95  
Hoi Sin Duck Bao Bun  
with Cucumber & Spring Onion Salad. 13.95  
Chicken Liver Parfait with Toasted Brioche,  
Cornichons & Caramelised Onion Chutney 13.95  
Grilled Local Asparagus with Roquefort Cheese  
& Toasted Pine Nuts 13.95  
Freshly Caught Cromer Crab with Caper  
& Herb Potato Salad 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 Fresh Caprese Salad  
& Wild Garlic Pesto 14.95  
Pan Fried Hebridean King Scallops  
with Local Asparagus & Lobster Sauce 16.95  
Sticky Korean Fried Chicken  
with Toasted Sesame & Spring Onions  
- Cucumber Kimchi Salad 13.95  
Half Dozen Market Oysters  
with Classic Shallot Vinaigrette 17.95

## Roasts

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

Roast Breast of Norfolk Chicken with  
Sausage & Stuffing 20.95

Crackling Loin of Swannington Pork  
with Stuffing & Apple Sauce 21.95

Slow Cooked English Lamb Shank  
with Mint Sauce 23.95

Sergeant Mixed Roast  
with all the trimmings 28.95

**all roasts served with Yorkshire Pudding,  
Roast and Mashed Potatoes and  
Vegetables**

## Mains

Battered Fillet of Haddock with Homecut Chips,  
Minted Mushy Peas & Tartare Sauce 20.95  
Crispy Chilli Beef with Stir Fried Udon Noodles,  
Pak Choi & Crushed Peanuts 23.95  
Half Roast Char Sui Duck with Egg Fried Rice, Spring Rolls  
- Cucumber & Spring Onion Salad  
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  
Mixed Fish & Smoked Fish Pie  
with Hot Roast Salmon & Cheddar Mash 23.95  
Jamaican Style Mutton Curry with Toasted Coconut Rice, Charred  
Rum & Muscovado Pineapple & Crispy Plantain Crisps 23.95  
Salt & Pepper Crispy South Coast Squid & King Prawns  
with Chilli Soy & Ginger - Drunken Noodles 27.95  
Roasted Fillet of Salmon with Cromer Crab Crushed Potatoes,  
Tenderstem and Brown Shrimp Beurre Blanc 24.95

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  
Baked Cromer Crab Thermidor with Tempura King Prawns,  
Local Asparagus & Sea Salt Fries 28.95  
Lemon & Herb Breaded Monkfish Goujons with Gruyere Cheese  
Fondue, Sea Fries & Buttered Samphire 27.95  
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 27.95  
Chargrilled 20oz Porterhouse Steak with Chips,  
Garlic Mushrooms, Beef Tomato & Onion Rings 45.95  
Barbecued Baby Back Ribs with Fries & Coleslaw 24.95  
Chargrilled Cajun Marinated Flat Iron Steak  
with Caesar Salad & Spiced Fries 27.95  
Pan Fried 20-24oz Dover Sole Meuniere  
with Buttered New Potatoes & Asparagus 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	5.95
Onion Rings	5.95
Cheesy Garlic Bread	5.95
Truffle and Parmesan Fries	5.95
Sausage Meat Stuffing	5.95
Local Asparagus	5.95

## *Children's Menu*

£8.95	Fresh Fillet of Fish Battered with Chunky Chips and Garden Peas
£8.95	Swannington Pork Sausages, with Gravy, Creamy Mash and Carrots
£9.95	Swannington Burger with Cheese in a Bun with French Fries
£7.95	Classic Chicken Nuggets with Chips and Baked Beans
£9.95	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
£8.95	Spaghetti Bolognese topped with Parmesan
£6.95	6" Oven Baked Margarita Pizza

Please tell us if your child is unable to find something that takes their fancy because we may be able to offer an alternative.

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

**Please note: This menu is for under 15's only.**

**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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