

Recruiting Sergeant Sunday Lunch Menu

Starters

Classic French Onion Soup with Gruyere Cheese Croute 7.50

Atlantic Prawn Cocktail with Baby Gem Lettuce
& Buttered Bown Bread
11.95

Seared Scottish King Scallops
with Wild Garlic Butter, Brown Shrimps & Pancetta
16.50

Crispy Salt & Pepper King Prawns & Cornish Squid
with Chilli & Spring Onion Salad & Asian Dipping Sauce
11.95

Hoi Sin Duck Bao Buns with Cucumber & Spring Onion Salad
10.95

Moroccan Spiced Lamb Fillets with Roasted Red Pepper
Cous Cous - Mint & Coriander Yoghurt
11.95

Garlic & Honey Baked Camembert
with Tomato & Chilli Chutney - Warm Crusty Bread
11.95

Local Asparagus with Smoked Salmon,
Crispy Hens Egg & Hollandaise Sauce
12.95

Freshly Caught Cromer Crab
with Granary Bread & Lemon Aioli
13.95

Beetroot & Walnut Salad with Sauteed Sweet Potatoes
& Crispy Goats Cheese
10.95

Cantonese Style Crispy Chilli Beef with Coriander,
Red Chilli & Spring Onion Salad
12.95

Roasts

Roast Sirloin of English Beef
with Yorkshire Pudding (Served Pink)
20.95

Roast Breast of Norfolk Chicken
with Sausage & Stuffing
17.95

*all roasts served with Yorkshire pudding,
roast and mash potatoes and vegetables*

Crackling Loin of Swannington Pork
with Stuffing & Apple Sauce
17.95

Slow Braised Shank of English Lamb
with Mint Sauce 18.95

Sergeant Mixed Roast
with all the trimmings
24.95

Mains

Steamed Steak & Kidney Suet Pudding 18.95

Jamaican Style Mutton Curry with Toasted Coconut Rice
& Muscavado & Rum Pineapple 19.95

Classic Angus Steak Burger with Maple Bacon,
Emmental Cheese, BBQ Sauce in a toasted
Brioche Bun with Fries 18.95

Battered Fillet of Local Haddock or Rock Salmon with
Homecut Chips, Minted Mushy Peas & Tartare Sauce
17.95

Lightly Battered King Prawn Scampi with Sea Salt Fries
and Garden Peas and Homemade Tartar
21.95

Pan Fried Fillet of Salmon with Crushed Potatoes,
Truffle Mayonnaise, Green Salad and Cherry Tomatoes
- Balsamic & Honey Vinaigrette 22.95

Chargrilled Fillet of Swannington Beef Surf and Turf
with Garlic King Prawns, Watercress Salad
& Sea Salt Fries 38.95

Pan Fried Fillet of Halibut with Dauphinoise Potatoes,
Tenderstem Broccoli & Parmesan & Garlic King Prawns 28.95

Pan Fried Fillet of Wild Sea Bass with Sticky Jasmine Rice,
Sesame Tenderstem & Thai Lobster Sauce
- Coconut King Prawns 26.95

Pan Fried 20-24oz Dover Sole Meunière
with New Potatoes & Fine Beans 44.95

Lamyai's Thai Yellow Monkfish & King Prawn Curry
with Jasmine Rice 26.95

Chargrilled Swannington 10oz Sirloin Steak with Chestnut
Mushrooms, Homecut Chips & Crispy Onion Rings 30.95

Mixed Fish & Smoked Fish Pie Topped with Hot Roasted Salmon
& Mature Cheddar Cheese Mash 22.95

Grilled Wing of Local Skate with Lemon & Caper Butter
or Battered with Chips & Garden Peas 25.95

Baked Cromer Crab Thermidor with Tempura King Prawns,
Local Asparagus & Buttered New Potatoes 23.95

Barbecued Baby Back Ribs with Fries & Coleslaw 23.95

Chargrilled Cajun Marinated Flat Iron Steak with Caesar Salad
& Spiced Fries 23.95

Pan fried Fillet of John Dory with a Warm Potato,
Cromer Crab & Samphire Salad 24.95

Vegetarian

Sergeants Cranberry, Chestnut & Walnut Nut Roast
with Thyme Roast Potatoes & Seasonal Greens (vegan option)
17.95

Sweet Potato, Coconut & Chick Pea Curry with Pilau Rice,
Onion Bhaji & Naan Bread (vegan option) 17.95

Crispy Halloumi Burger with Beetroot Hummus,
Tzatziki in Toasted Brioche Bun, Crispy Fries & Coleslaw
(vegan option) 17.95

Sides

Cauliflower Cheese	5.95
Onion Rings	4.50
Cheesy Garlic Bread	4.95
Truffle and Parmesan Fries	5.95
Local Buttered Asparagus	6.50
Buttered La Rochelle Samphire	6.50

Children's Menu

Fresh Fillet of Cod and Chips with Peas	8.50
Pasta Bolognese	6.95
6" Oven Baked Margarita Pizza	6.95
Swannington Sausage and Mash with Carrots	7.95
Chicken Nuggets with Chips and Baked Beans	6.95
Linguine Pasta with Red Pesto	6.95
Cheese Burger with French Fries	7.95
Hot Dog with French Fries	7.95

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 14'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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