

STARTERS

- 3 Baked Scallops, Samphire, Cauliflower Puree, Sea Urchin Butter £10.95
Hot Tomato and Basil Bread, Olives and Oils £5.95 #
- 5 West Mersea Oysters Simply served With Caviar, Samphire, Lemon and Tabasco £11.95
Deep Fried Crispy Whitebait and Tartar Sauce with Lemon £6.45 GF
Wild Mushrooms, Shropshire Blue Cheese, Pepper Sauce on Toast £6.95
- Brixworth Pate, Apple & Ale Chutney, Smoked Chilli Glaze and Toasted Tomato Bread £7.95
Hummus, Olives, Tzatziki, Feta Cheese and Hot Pitta Bread £5.95 or £9.95 to share #
Smoked Salmon Gravlox, Samphire, Caper Berries and Fresh Horseradish £8.95 GF
Baked Whole Camembert, Harissa Nuts, Cranberry and Port, Hot Tomato Bread £9.95
- ½ Kilo Hickory Smoked Rope Grown Mussels and Cockles, Béarnaise and Chorizo Sauce £9.95 GF
Hot Scotch Egg and Pepper Sauce £6.45 ##
Crispy Calamari with Smoked Chilli and Honey Jam £7.45 # GF

MAIN COURSE

- Belly of Pork, Crackling, Mushroom Duxelle, Colcannon Mash, Heritage Carrots, Red Wine Gravy £16.95 GF
Rump of Spring Lamb, Pea and Mint Puree, Asparagus, Baby Veg and Jersey Royal Potatoes £18.95
Chicken Supreme, Artichoke, Sun Dried Tomato, Parma Ham, Basil Pesto, Baby Veg, Cauli Puree, Chorizo
Crumbles, Jersey Royals £16.95 GF
- Skrei Cod Loin, Curried Peas, Spinach, Samphire, Bay New Pots, Bearnaise Sauce £18.95
Kilo of Fresh Mussels and Cockles, Béarnaise Sauce and Chorizo £14.95 GF
Coale's Hand Made Pie, Please Ask for Todays Selection, Chips or Mash and Spring Veg £13.95##
Fresh Swordfish Loin, Tempura Vegetables, Super Green Pesto £16.95
Shooters Shepherd's Pie, Local Herdwick Lamb, Venison and Beef Topped with
Colcannon Mash and Served with Red Cabbage and Apple £14.95
Fillet of Beef Bourguignonne Stew, Dauphinoise Potatoes £15.95#
Fresh Beer Battered Haddock, Fat Chips, Tartar Sauce and Minted Pea Puree £14.95#
- Bubble and Squeak Cake, Purple Broccoli, Poached Hens Egg, Pomegranate Jus, Bearnaise Sauce £13.95 (V)
Goats Cheese, Med Veg Filo Parcel, Cauli Puree, Halloumi Fires, Purple Basil Pesto £14.95 (V)

FROM THE GRILL

- Argentinian Chimichurri Beef Steak Hanging Kebab**, Chimichurri Melting Butter, Choose
Between Chorizo Couscous Salad or Fat Chips £19.95# GF
- Argentinian Chimichurri Swordfish Loin Hanging Kebab** Chimichurri Melting Butter, Choose
Between Chorizo Couscous Salad or Fat Chips £19.95# GF
- Argentinian Chimichurri Surf and Turf Hanging Kebab Beef and Swordfish** Chimichurri Melting Butter,
Choose Between Chorizo Couscous Salad or Fat Chips £19.95# GF
10 0/z Rib-Eye £23.95# GF or **10 0/z Sirloin £20.95 # GF**
Fat Chips, Field Mushroom and Onion Ring
Add Peppercorn GF £2.95 Roquefort Sauce £3.45 or Béarnaise Sauce GF £2.95
- Coale's Butcher's Beef Burger**, GF, Brioche Bun (GF bun available) Lettuce, Red Onion, Tomato, Mayo,
Onion Confit, Mustard Mayo, Tomato Sauce and Gherkins £12.95# add Bacon and Cheese £14.95#
- Coale's Butcher's Surf and Turf Beef and Soft-Shell Crab Burger**, Tartar Sauce, Charcoal Bun, (GF bun
available) Lettuce, Red Onion, Tomato, Mayo, Onion Confit, Mustard Mayo and Gherkins £15.95#
- Med Veg Giant Cous Cous Burger**, Breaded Cheese, Pretzel Bun, Humous, (GF bun available) Lettuce, Red
Onion, Tomato, Gherkins, Onion Ring, Fat Chips £13.95 (Vegan) #
- Tuna Loin and Soft-Shell Crab Wasabi Burger**, Charcoal Bun, (GF bun available) Lettuce, Red Onion,
Wasabi Mayo, Stem Ginger, Crispy Seaweed, Fat chips and Onion Ring £15.95
- Sides:** Chips, Mixed Garden Egg Salad, Seasonal Spring Vegetables, Onion rings, Breaded Haloumi and Paneer Chips,
Dauphinoise Potatoes, Southern Curly Fries £3.95 each



The Red Lion Pub and Dining
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Desserts

Café Gourmand 3 Bite size Desserts with any Coffee £7.95

Salted Caramel Cheesecake £6.95

Vanilla Crème Brulee Gf Sticky Peanut Butter Bar £6.95

Chocolate Brownie Vanilla Ice Cream Gf £6.95

Belgium Apple Lattice and Custard £6.95

Sticky Toffee Pudding Clotted Cream £6.95

Roquefort Cheese, Biscuits, Chutney and a Glass of Port £7.95

Raspberry and Rhubarb Frangipane Pudding with Clotted Cream £6.95

Red Lion Oreo Sunday, Oreo Ice Cream £7.95 or £9.95 to share

Baked Lemon Meringue Pie, Milk Chocolate Sauce £6.95

Movenpick Ice Cream and Sorbets Simply Extraordinary Swiss Ice Cream GF

Ice Cream, Vanilla Dream, Swiss Chocolate, Strawberry, Rum and Raisin, White Chocolate, Oreo, Cappuccino or Pistachio

Sorbet, Strawberry and Raspberry, Blackcurrant or Lemon and Lime

Choose 3 scoops with Chocolate Twirls and Flake £5.95

The Roastery Coffee## and Tea Labs ##

AMERICANO £2.95, CAPPUCCINO £3.25, LATTE £3.25

SINGLE ESPRESSO £2.25, DOUBLE ESPRESSO £3.25

MOCHA £3.25

HOT CHOCOLATE £3.25

Tea Labs Choose from Rise and Shine Green Tea and organic lemongrass, Dream Catcher Rooibos Cinnamon and Vanilla, Pink Skies Rooibos Organic Strawberry, Blue Grey Black Tea, Organic Earl Grey, English Breakfast Black Tea Organic, Assam Organic Black Tea, more flavours available please ask.

Tea Lab Tea Pots - £2.95 for 1 / £4.95 for 2 to share