SNACKS FOR THE TABLE TO SHARE

MIXED MARINATED OLIVES 4.95
Italian olives marinated in lemon, rosemary and a hint of chilli (vg) (gf)

MUST TRY WAGYU CROQUETTES (4) 9.95
Aged Parmesan

FRESHLY BAKED FOCACCIA 5.95
Daily freshly baked focaccia with rosemary & sea salt (vg)

COLCHESTER ROCK OYSTERS* Three - 10 / Six - 18
Freshly shucked, served with shallot vinegar and Tabasco

STARTERS

THE GRILL'S FRENCH ONION SOUP 9.95
Gruyère gratin

TRUFFLE ARANCINI 8.95
Fried mushroom risotto rice balls with mozzarella, truffle, parsley and Gran Moravia cheese (v)

DUCK & CHICKEN LIVER PARFAIT 10.95
Onion marmalade, pickled onions and our own brioche (gf)

SIGNATURE SCOTCH EGG 9.95
Warm lentils, smoked bacon and baby spinach

BUTTERMILK FRIED CHICKEN 10.95
Hot cayenne & honey sauce, blue cheese, apple, celery

CLASSIC STEAK TARTARE 13.95
Raw steak hand chopped, seasoned with mustard, ketchup and tabasco, capers and pickles with char-grilled bread and egg yolk (gfo)

TUNA TARTARE 13.95
Mango, avocado, sesame & soy dressing (s)

GARLIC BUTTER KING PRAWNS PILPIL 11.95
Scented with cumin, lemon & parsley, served with crusty bread

GRILLED SCALLOPS IN THE HALF SHELL (3) 16.95
With crab and shellfish butter (gf)

THE GRILL'S CAESAR SALAD 9.95
Baby gem, smoked bacon, soft egg, croutons and Caesar dressing (gfo)
Add Char-grilled Chicken Breast £3

WARM LOBSTER & KING PRAWN TACOS (3) 14.95
Guacamole, sour cream

BEEF SHIN & YORKSHIRE PUDDINGS 10.95
Slow cooked shin with bone marrow gravy

MAINS

CLASSIC HADDOCK & CHIPS 17.95
Tempura fish, triple cooked chips, mushy peas, curry and tartare sauce
Vegan option available on request (vg)

OUR SIGNATURE FISH PIE 22.95
Cod, salmon, smoked haddock, king prawns in thermidor sauce, crowned with piped mashed potatoes and cheese crumb crust (gfo)

CHICKEN & MOREL SAUCE 20.95
Free range chicken breast, creamy potato puree, wild mushrooms and chicken morel mushroom sauce

MUSHROOM GNOCCHETTI 16.95
Wild mushrooms, pan-fried potato gnocchi with garlic cream sauce (v)
Vegan option available on request

SLOW COOKED LAMB SHANK 24.95
Champ potatoes; potato puree with buttered leeks and spring onion (gf)

THE GRILLS PRIME BEEF BURGER 18.95
Steak pattie, pulled beef shin, caramelised onion, Aged cheddar, pickle, mustard & fries

STEAK TARTARE & FRITES 19.95
Raw steak hand chopped, seasoned with mustard, ketchup and tabasco, capers and pickles with char-grilled bread and egg yolk (gfo)

LOBSTER THERMIDOR & FRIES Half - 30 / Whole - 55
Lobster baked with Thermidor sauce or grilled with garlic butter served with French fries (gf)

COD PROVENÇAL 23.95
Thick fillet cod loin, baked with tomato, peppers, olives, capers and extra virgin olive oil

HANGING KEBABS

Skewered kebabs with mushrooms, red onions & blistered peppers served with hot garlic butter and French fries (gf)

MIXED GRILL KEBAB 20.95
Fillet steak, chicken breast, pork tenderloin

HALLOUMI KEBAB 18.95
Honey & Chilli glaze (v)

TERIYAKI FISH KEBAB 19.95
Salmon, tuna, cod and king prawns in soy, lime and ginger marinade (s)

(v) - denotes vegetarian dishes (vg) - denotes vegan dishes and suitable for vegetarians (gf) - denotes gluten free dishes (n) - denotes contains nuts
(s) - denotes contains sesame seeds (gfo) - Denotes gluten free option: this dish can be adapted to be gluten free, please advise your server

Food Allergens and Intolerances: If you have a food allergen or intolerance, prior to placing your order, please highlight this with us and we can guide you through our menu.

We cannot guarantee the total absence of allergens in our dishes. A discretionary optional service charge of 10% will be added to the bill

FROM THE GRILL

Our Prime Cut Steaks are served with roast tomato, garlic flat mushroom with a choice of French fries or triple cooked chips (gf)

FLAT IRON 225g 24.95
Unique underrated steak with both beefy flavour and tenderness
Recommended medium rare to medium

RIBEYE 280g 33.95
A popular steak cut. 35 day-aged with generous marbling gives this cut its full flavour

RUMP 225g 26.95
The leanest cut steak with a good beefy flavour

FILLET 255g 39.95
Prime centre cut fillet, subtle flavour and extremely tender

GRILLED CHICKEN PAILLARD 18.95
Rocket salad, sauce Vierge (gf)

THE GRILL'S SURF & TURF 65
255g of prime centre cut fillet, garlic king prawns and half lobster either grilled with garlic butter or baked with Thermidor sauce

CÔTE DE BOEUF
LARGE CUT DRY AGED BONE IN RIBEYE 800g 80
Served with two sides of your choice

EXTRAS

FRIED HENS EGGS (2) (gf)	3.95
SMOKED BACON & BLUE CHEESE (gf)	4.95
GARLIC KING PRAWNS (5)	9.95
LOBSTER WITH GARLIC BUTTER (gf)	26 per half

SAUCES

PEPPERCORN (gf)	3.50
BÉARNAISE (gf) (v)	3.50
BLUE CHEESE HOLLANDAISE (gf) (v)	3.50
GARLIC & PARSLEY BUTTER (gf) (v)	3.50

SIDES 4.95 each

FRENCH FRIES (vg) (gf)
TRUFFLE PARMESAN FRIES (gf)
TRIPLE COOKED CHIPS (v) (vg)
TEMPURA ONION RINGS (vg)
BROCCOLI WITH CHILLI & GARLIC (vg) (gf)
GARLIC MUSHROOMS (vg) (gf)
HONEY GLAZED CARROTS (v) (gf)
WILTED BABY SPINACH (vg) (gf)
CREAMED SPINACH (v) (gf)
WOK FRIED GREENS (s) (v)

ALL DAY SUNDAY ROAST

Freshly roasted joints, trimmings, condiments and gravy. We strive to bring you the best roast dinner around, for you to enjoy until 9pm!

slow roasted and carved to order with garlic & herb roast potatoes, Yorkshire pudding, carrots, greens and lashings of gravy… tracklements condiments on the table

ROAST OLD SPOT PORK BELLY
Apple compote, sage stuffing & Sunday trimmings
19.95

21-DAY AGED ROAST SIRLOIN OF BEEF
with all the trimmings
21.95

ROAST CHICKEN BREAST
Sage & cranberry stuffing, pigs in blankets & Sunday trimmings
20.95

GOWER SALT MARSH LEG OF LAMB
slow roasted pink or well done, with all the trimmings
23.95

SHARING ROAST FEAST FOR TWO
Our four roast meats; aged sirloin of beef, slow roast leg of lamb, roast chicken and old spot pork belly with all the trimmings; Yorkshire puddings, stuffing, pigs in blankets and Sunday sides
55

Sunday Sides

Honey Buttered Carrot & Swede Mash (v) (gf) - £3.95
Cauliflower Cheese (v) - £5.95
Pigs in Blankets, honey mustard glaze - £5.95
Extra Bowl of Roasties (v) (gf) - £4.95