



MAIN MENU

(served 12 - 2.30 and 5.30 - 9 Monday / 12 - 9 Tuesday - Saturday 12 - 8 Sunday)



STARTERS

Home Made Soup of the Day and Warm Bread (Gluten Free Available) (Ve)	£6.50	Sweet Chilli Beef with Thai Style Salad, Coriander & Peanuts	£8.00	Mixed Bread & Olives with Balsamic & Olive Oil (Gluten Free Available)	£5.00
Classic Atlantic Prawn Cocktail, Baby Gem Lettuce, Cherry Tomato, Buttered Granary Bread (Gluten Free Available)	£7.50	Pan Seared Scottish King Scallops with Crispy Parma Ham & Apple Puree - Peashoot Salad (GF)	£10.50	Honey Baked Camembert, Apple & Beer Chutney and Toasted Ciabatta (V)	£7.50
Tempura King Prawns with Sweet Chilli Dipping Sauce	£8.50	Quinoa & Avocado Salad with Roasted Pepper and Pomegranate (Ve) (Main with Fries £16)	£8.00	Crispy Salt & Pepper Calamari, Thai Style Coriander Salad with a Chilli Mango Salsa	£7.50

MEAT

Swannington Old Spotted Sausages with Creamy Mash, Seasonal Greens & Caramelised Onion Gravy	£14.00	Confit Swannington Pork Belly with Smoked Bacon & White Bean Cassoulet - Caramelised Apple, Crispy Kale and Roasted Carrot (GF)	£14.00	Chef Special Lamb Bhuna Curry Served with Homemade Na'an Bread, Raita and Rice (GF)	£16.00
Chargrilled Prime Steak Burger in a Toasted Brioche Bun served with Streaky Bacon, Emmental Cheese, Gem Lettuce, Beef Tomato, Gherkin, Onion Rings, Coleslaw & Fries (Double Up for £3)	£14.00	Pan Fried Breast of Chicken with Sauté Potatoes, Chorizo & Seasonal Vegetables - Crispy Mozzarella & Pesto Dressing	£16.00	Braised Duck Leg Served with Bubble and Squeak, Roasted Root Vegetables, Kale and Dates Jus (GF)	£18.00
		Chargrilled Pork Chop Served with Hassleback Potatoes, Braised Red Cabbage, Kale and Red Wine Jus (GF)	£16.00	Jerk Marinated Boneless Whole Spatchcock Chicken with Sweet Potato Fries & Reggae Slaw (GF)	£16.00
				Slow Cooked English Lamb Shank with Creamy Mash, Glazed Carrots & Tenderstem Broccoli (GF)	£15.00

FISH

Local Beer Battered Cod Fillet with Hand Cut Chips & Minted Mushy Peas	£14.00	Pan Fried Sea Bass Fillet with Popcorn Cockles, Ratatouille Veg & Chargrilled Potatoes (GF)	£17.00	Pan Roasted Salmon Fillet With Mediterranean Jumbo Couscous and Tempura Prawns	£16.00
Cromer Crab, King Prawn, Chilli & Garlic Linguine with Garlic Ciabatta	£16.00	Chef Special Goan Monkfish Curry Served with Homemade Na'an Bread, Raita and Rice (GF)	£16.00	Poached Smoked Haddock, Creamy Mash Potato, Tenderstem Broccoli, Poached Egg and a Chive Cream Sauce (GF)	£14.00
Smoked & Unsmoked Mixed Fish Pie with Peas, Topped with a Cheddar & Herb Crusted Creamy Mash	£15.00	Battered King Prawn Scampi with Sea Salt Fries & Homemade Tartare Sauce	£16.00		

GRILL

All served with Hand Cut Chips, Flat Mushroom, Slow Roasted Tomato & Onion Rings

10oz Sirloin	£22.00
8oz Fillet Steak	£26.00
10oz Rump	£17.00
Add Sauce: Blue Cheese, Peppercorn or Garlic Butter	£2.50
Add Fried Egg	£1.00
Add King Prawns	£5.00

VEGETARIAN

Halloumi Burger with Caramelised Onion, Roasted Red Pepper & Flat Mushroom in Toasted Brioche & Sweet Potato Fries	£14.00
Coconut Sweet Potato & Chick Pea Curry with Pilau Rice & Onion Bhaji (VE)	£14.00
Caramelised Onion & Goats Cheese Tartlet, Parmesan & Rocket Salad, Garlic Roasted New Potatoes	£14.00
Roasted Peppers Stuffed with Mediterranean Giant Couscous and a Greek Feta Salad Topped with Tzatziki (GF)	£14.00

SIDES

Hand Cut Chips or French Fries	£3.00
Sweet Potato Fries	£4.50
Halloumi Fries	£5.00
Home Made Creamy Coleslaw	£2.50
Beer Battered Onion Rings	£3.00
Toasted Garlic Ciabatta	£3.00
Mixed Salad	£3.00
Side of Seasonal Veg	£3.00

PLEASE CHECK THE BOARDS OR ASK STAFF FOR DETAILS OF OUR DAILY SPECIALS

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.



LIGHTER MENU

(Available 12 - 5 Tuesday - Saturday)



LIGHT LUNCHES

Crispy Sweet Chilli Beef, Coriander, Sesame & Peanut Thai Salad	£13.00
Chargrilled Chicken with Caesar Salad	£11.00
Freshly Caught Cromer Crab Salad with Local Samphire, New Potatoes & Brown Bread	£15.00
Freshly Carved Honey Glazed Ham Egg & Chips	£11.00
The Ship Ploughman's Lunch with Pickles & Crusty Bread	£14.00
6oz Swannington Flat Iron Steak with Chimichurri Dressing, Spiced Fries & Rocket Salad	£12.00

CIABATTAS *(Served with Salad and Coleslaw)*

Goats Cheese & Onion Jam (V)	£8.00
Crispy Bacon, Melted Brie & Cranberry Sauce	£8.00
Sausage & Wholegrain Mustard	£8.00
Buffalo Mozzarella, Beef Tomato & Pesto (V)	£8.00
Chargrilled Steak, Mushroom & Onion Jam	£10.00

WRAPS *(Served with Salad and Coleslaw)*

Sweet Chilli Crispy Beef & Asian Salad	£9.00
Cod Goujons & Tartare Sauce	£9.00
Crispy Halloumi, Mushroom, Roasted Red Pepper & Onion Jam (V)	£8.00
Crispy Chicken & Satay Sauce	£8.00

CHILDRENS MENU

Childrens' Menu	
5oz Rump Steak with french fries, onion rings and salad	£10.00
Grilled Salmon Fillet with creamy mash and broccoli	£6.00
Fresh Fillet of Cod battered with chips and peas	£6.00
Pork Sausages with gravy, creamy mash and carrots	£6.00
Burger with Cheese in a bun with chips, onion rings and coleslaw	£6.00
Woodland Free-range Chicken Strips battered, with chips and beans	£6.00
Ham Egg and Chips	£6.00
Penne Pasta with either basil pesto or tomato sauce	£6.00
Garlic Bread Ciabatta	£2.50

PLEASE ASK FOR
DETAILS OF OUR
SUNDAY ROAST

DESSERTS *(Also available at the evening serving times)*

All £7.00

Classic Norfolk Strawberry's Eton Mess
Warm Double Chocolate Brownie with Salted Caramel Ice Cream
Sticky Toffee & Walnut Pudding, with Caramel Sauce, Candied Walnuts and Vanilla Ice Cream
Vanilla Cheese Cake with Local Raspberry's
Bramley Apple Crumble with Clotted Cream
Warm Bakewell Tart with White Chocolate Ice Cream
Mixed Norfolk Ice Creams or Sorbets
Chefs Selection of Cheese with Biscuits

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**COLCHESTER
INNS GROUP**

The Ship Inn

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Recruiting Sergeant

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The Black Boys

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The Bucks Arms

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The Rising Sun

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