

# BRUNCH

AVAILABLE MONDAY TO FRIDAY 9.30AM TO 12PM  
WEEKENDS AND BANK HOLIDAYS 10AM TO 12PM

Smashed Avocado On Sourdough Toast 10  
With cherry tomatoes, fresh lime & chilli flakes (g,v,ve)

Free Range Egg Omelette 10  
Select three toppings: honey glazed ham, smoked salmon, cheddar cheese, chestnut mushroom, peppers, onion, tomatoes or spinach (e,f,m)

Eggs Benedict 10  
Honey glazed ham, poached free range eggs & hollandaise sauce served on a muffin (e,g,su,m)

Eggs Florentine 9  
Wilted spinach, poached free range eggs & hollandaise sauce served on a muffin (e,m,g,c,su)

Eggs Royal 12  
Poached eggs & smoked salmon on an English muffin topped with hollandaise sauce (m,g,e,su,so)

Breakfast Baps 8  
With smoked streaky bacon or Cumberland sausage or fried egg, served in a toasted bun (g,e,su,m,se)

Fresh Baked Pastries 6  
Chef's selection of three pastries (tn,n,m,v)

Full English Breakfast 15  
With your choice of fried, poached or scrambled egg.  
With pork sausage, smoked bacon, grilled tomato, field mushrooms, hash brown, black pudding & baked beans (g,su,c,m,mu)

Please inform us of any food allergies or dietary restrictions you or your may guests have.

For your information and reassurance, all dishes show which potential allergens they may contain:

e=Egg; mo=Molluscs; cr=Crustacean; c=Celery; m=Milk; f=Fish;  
tn=Tree Nuts; so=Soya; se=Sesame; su=Sulphites; pe=Peanuts;  
mu=Mustard; g=Gluten; v=Dishes suitable for vegetarians; lu=Lupin;  
ve=dishes suitable for vegans

# BAR MENU

## STARTERS & SALADS

Nachos 8  
With cheese sauce, guacamole, salsa, sour cream & jalapeños (m,v)  
Add pulled beef brisket for £3

Butternut Squash Soup 9  
Topped with sautéed wild mushrooms (ve)

Cheese Soufflé 9  
With mushrooms & heart baby gem lettuce (g,e,m)

Caesar Salad 10  
With crispy romaine lettuce, crunchy house croutons, crispy bacon, anchovies & shaved parmesan (g,m,f,su)  
Add chargrilled chicken or salmon for £5

## NIBBLES

Homemade Focaccia Bread 6  
With olive oil, balsamic vinegar & sea salt (m,e,g,su)

Noccelara & Kalamata Olives 4  
Marinated with sweet garlic & rosemary (v,ve)

Halloumi Fries 6  
With chili lemon mayo (g,m,e,v)

Pigs in Blankets 6  
With honey mustard (g,su,mu)

## MAINS

Samphire Gin Battered Haddock 19  
With chunky chips, mushy peas & tartare sauce (f,m,g,so,su)

Slow-cooked Shin of Beef 20  
With celeriac, mashed potato, buttered savoy cabbage, seasonal vegetable & merlot jus (su,c,m)

Sausage & Mash 15  
With onion gravy (g,c,m,su)

8oz Beef Burger 16  
With onion marmalade, tomato & lettuce, served with French fries (se,g,su,lu,m,e)  
Add cheese for £1.00, Add bacon for £1.00

Moving Mountains Vegan Burger 15  
With shredded lettuce, tomato & vegan garlic mayo, served with French fries (v,ve,g)  
Add hard vegan cheese for £1.00, Add vegan bacon for £1.00

Chargrilled Lemon & Garlic Chicken Burger 15  
With shredded lettuce, tomato & Cajun mayo, served with French fries (m,g,e,su,so)

Tagliatelle alla Bolognese 14  
(c,g,e)

Arrabiata 14  
Add chargrill chicken for £5 (su,ve,v,g)

Classic Margherita Pizza 15  
(g,m)

## COLD SANDWICHES

Chicken Wrap 8  
With lemon mayonnaise & salad (g,e,su,m,mu)

Egg & Cress 8  
With mayonnaise on white or brown (g,e,su,m,mu)

Smoked Salmon 9  
With cream cheese, dill & rocket on sourdough (m,mu,g,su,f)

Tuna & Cucumber 8  
With mayonnaise on white, brown or baguette (e,m,mu,g,su,f)

Vegan Cheddar & Tomato Chutney 8  
On white or brown (g,v,ve,su,mu)

## HOT SANDWICHES

Grilled Halloumi & Avocado 9  
With honey on toasted sourdough (m,g,su,mu)

Welsh Rarebit & Ham 10  
With chives on toasted sourdough (su,mu,m,g)

Salt Beef 12  
With pickled red cabbage, Gruyère cheese & dijonaise on toasted brioche (m,e,su,mu)

## SIDES

Garlic Bread (m,g,e) 6

Battered Onion Rings (g,v,so) 6

French Fries (v,ve) 6

Chunky Chips (v,ve) 6

Cheesy Chips (m,v) 7

Zucchini Fritti (m,g,v) 6

Green Salad (v,su,ve) 6

Seasonal Vegetables (v,ve) 6

Sweet Potato Fries (v,ve) 6

## DESSERTS

Apple & Berry Crumble 10  
With custard or vanilla ice cream (g,e,m,so) (Vegan Alternative Available )

British Cheese Board 12  
With grapes, celery, chutney & crackers (m,g,v)

Warm Chocolate Brownie 9  
With ice cream & berry coulis (so,m,e,g)

Cream Tea 9  
Fruit and plain scones with Essex Tiptree jam & clotted cream served with your choice of tea (g,e,m)



# HOT DRINKS

Cafetiere of Coffee	3.50
Espresso	3
Double Espresso	3.50
Americano	3.50
Mocha	4
Latte	4
Add syrup for 50p extra	
Flat White	4
Cappuccino	4
Decaffeinated Coffee	3.50
Choice of Newby Tea Bags	3
English Breakfast	
Earl Grey	
Strawberry & Mango	
Peppermint	
Green Sencha	
Chamomile	
Choice of Newby Loose Leaf Teas	4
English Breakfast	
Earl Grey	
Strawberry & Mango	
Peppermint	
Green Sencha	
Chamomile	

# RAINSFORD

Bar

