

THE PUBLIC HOUSE AND FUNCTION ROOMS

MT EPHRAIM

ROASTS

Roast beef with gravy	13
Roast chicken pigs in blankets	13
Scottish Haddock With spinach & horseradish sauce.	13
Mixed Roast Beef & chicken	26
Great for 2 hungry people or a few more with smaller appetites.	
Roast potatoes, braised leeks, swede mash, carrots, glazed red cabbage.	
*Choose from a large plate sized Yorkshire or smaller traditional ones.	

STARTERS

Black pudding, bacon and pinenut Salad	7
Balsamic dressing	
Halloumi salad	7
Grilled halloumi, baby salad & balsamic reduction	
Shellfish Bisque	6
Bread and butter	
Smoked Fish rillettes	6.5
Pickled cucumber, lemon crème fraiche	
½ dozen Colchester rocks	12.5
served on ice, shallot vinegrette	

GRAZING BOARDS

Seafood sharer	13.5
Moules, Whitebait, scampi, calamari, haddock goujons.	
Artisan cheese selection	15.5
Bread, balsamic dips, biscuits, chutney & a selection of cheeses.	

BURGERS

All our burgers are handcrafted in buns which our chefs bake daily

	Single	Double
Bacon & cheese	7.0	9.0
Ementhal cheese, smoked bacon, tomato, onion, lettuce, pickles.		
Mexican	6.5	8.5
Guacamole, salsa, sour cream, jalapeños, nachos.		
BBQ burger	6.0	8.0
Jalapenos, smoked bbq sauce, lettuce.		
Piri Piri chicken	7.0	
Chargrilled chicken, tomato, lettuce, onion, chilli mayo.		
Halloumi (v)	6.5	
Field mushroom, halloumi, tomato chutney, lettuce.		

FRESH SEAFOOD AND MAINS

Fish & chips.	10.9	13.9
Beer battered haddock, tartar sauce. *Gluten free batter also available. *Add mushy/garden peas, £2		
MSC certified mussels	8.5	14.5
Marinieres – A la crème – Thai - Chorizo.		
South coast plaice & chips		9.5
Grilled whole, garlic butter, handcut chips & minted peas.		
Smoked salmon & haddock fishcakes.		12.5
Horseradish & spinach sauce, salad, handcut chips/sweet potato fries.		
Dressed Brown Cornish Crab		22.5
Dressed baby leaves, mayonnaise, and crusty bread		
Ribeye steak 6oz/8oz. (g)	17.5	21.5
Grilled mushroom and tomato, garlic butter, handcut chips		
Chilli con carne. (g)		9.5
Tortilla chips, rice & sour cream.		
Sankeys Smokie		11.5
Smoked Haddock, Cheese sauce, poached egg and crusty bread		
Quinoa salad (v) (g)	8.5	*13.5
Baby gem, quinoa, chickpeas, pumpkin seeds, radish, herbs, balsamic dressing. *Add house-smoked salmon fillet?		
Sri Lankan Chicken curry		11.5
Basmati rice, poppadums.		

MONDAY
12-3 6-10

TUESDAY
12-3 6-10

WEDNESDAY
12-3 6-10

THURSDAY
12-3 6-10

FRIDAY
12-10

SATURDAY
12-10

SUNDAY
12-8