



# SEAFOOD KITCHEN & BAR MT EPHRAIM

## SANDWICHES

- Seeded brown bread, French baguette or a tortilla wrap.
- Hand picked Cornish crab 6.5
- The Fish finger & tartar butty. 7.5
- Crispy Cajun chicken 6
- Bacon & Brie 5.5
- Sausage & onion. 6.0
- Prawn & marie-rose 7.5
- Ribeye steak with stilton 9.5
- Roast beef & horseradish 7.5
- Cheddar & chutney 5

Available until 3pm Mon & Tues – Until 6pm Wed-Sat

## BAR SNACKS

- Devilled whitebait 5
- Chicken Wings 5  
(Buffalo or BBQ)
- Speldhurst chipolatas 5
- Haddock Goujons 5
- Salt & pepper calamari 5
- Baked camembert 9.5
- Halloumi sticks 7
- Nachos | With Chilli 5 | 9
- Colchester Rock Oysters 2 (ea)
- Scampi, fries & tartare 8

## BURGER MENU

All our burgers are served in a brioche bun.

### FISH

- The Cod Father** 10  
Roast lemon & dill cod loin, minty mushy peas, tartar sauce, shredded baby gem.
- The Po' Boy Bap** 10  
Panko king prawns, chipotle sauce, mayo, lettuce, lime.

### BEEF

- The Hamburger** 6  
Lettuce, tomato, red onion, dill pickle, burger sauce.
- The Spaniard** 8  
Chorizo, aioli, cheddar, lettuce, onion, tomato.
- The Dirty Mac** 9  
Mac & Cheese, pulled bbq pork, lettuce, onion, tomato, pickle.
- The Mexican** 8  
Lettuce, tomato, red onion guacamole, salsa, sour cream, jalapenos, nachos.

### CHICKEN

- Crispy Cajun Chicken** 8  
Free range chicken breast, lettuce, tomato, red onion, chipotle sauce, salsa.

### VEGAN

- Vegan Burger** 7  
Chickpea & Quince Burger, Spiced Tomato & Onion Chutney

Make your burger YOUR burger:

- |                      |     |                          |     |
|----------------------|-----|--------------------------|-----|
| <b>Streaky Bacon</b> | 1   | <b>Cheese</b>            | 50p |
| <b>Jalapenos</b>     | 50p | <b>Double it up</b>      | 3   |
| <b>Onion ring</b>    | 1   | <b>Cheeky hash brown</b> | 2   |

French Fries 3 | Sweet Potato Fries 4 | Steak Cut Chips 3 | add cheese 1

WIFI Code: Lobster5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	FRIDAY	SUNDAY
12-3 6-9	12-3 6-9	12-9	12-9	12-10	12-10	12-6