



SEAFOOD KITCHEN & BAR MT EPHRAIM

SANDWICHES

Seeded brown bread, French baguette or a tortilla wrap.

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|---------------------------|-------|
| Hand picked Cornish crab | 8.50 |
| Fishfinger & tartar butty | 7.50 |
| Crispy Cajun chicken | 7.50 |
| Bacon & Brie | 6.50 |
| Ribeye steak with stilton | 10.50 |
| Roast beef & horseradish | 8.50 |
| Cheddar & chutney | 6.00 |

Available until 3pm Mon – Fri
Until 6pm Sat

BAR BITES

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|-----------------------------------|-------|
| Devilled whitebait | 6.50 |
| Cockles | 5 |
| Chicken Wings (Buffalo or BBQ) | 7 |
| Cajun chicken strips | 6 |
| Haddock Goujons | 6.50 |
| Salt & pepper calamari | 6.50 |
| Baked camembert | 10.5 |
| Halloumi sticks | 7.50 |
| Nachos With Chillli | 5 9 |
| Colchester Rock Oyster | 2.50 |
| Scampi, fries & tartare | 8 |

BURGER MENU

All our burgers are served in a brioche bun with shredded baby gem.

Our Burgers

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| The Cod Father | | 10 |
| Panko cod loin, minty mushy peas, tartar sauce. | | |
| The Po' Boy Bap | | 10 |
| Panko king prawns, chipotle sauce, lime. | | |
| The EN_DOO_JAR | | 9 |
| Double 3oz patty, 'Nduja, American cheese, aioli, burger sauce. | | |
| The Mexican | | 9 |
| Double 3oz patty, Guacamole, salsa, sour cream, jalapenos, nachos. | | |
| Crispy Cajun Chicken | | 9 |
| Free range chicken breast, chipotle sauce, salsa. | | |
| Vegan Burger | | 8 |
| Chickpea & Quinoa burger, spiced tomato & onion chutney. | | |

Your Burger

| | | |
|--|----------|--------------------------|
| The Hamburger | | 6 |
| Double 3oz patty, dill pickle, burger sauce. | | |
| Pulled BBQ pork | 3 | Make it a quad |
| Streaky Bacon | 1 | Mac & Cheese |
| Jalapenos | 1 | Cheese |
| Onion rings | 2 | Cheeky hash brown |
| Spicy 'Nduja sausage | 2 | Guacamole |
| Chili con carne | 3 | Chipotle mayo |
| | | 1 |

French Fries 3 | Sweet Potato Fries 4 | Steak Cut Chips 3 | make it cheesy +1

WIFI Code: Lobster5

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