


STARTERS


LENTIL SOUP (V) 7.5
bread roll

MEZZE PLATTER 34
SERVES 2
falafel, cheese sambousek, fatayer, kibbeh,
hummus and Arabic flat bread


GARLIC PRAWNS 13
garlic butter, chilli and lemon sauce
 Pairs with Lamberti Ca'Preella Pinot Grigio

BELUGA LENTIL SALAD (V) 10
roasted cauliflower, heritage carrots, chargrilled
peppers, shaved fennel, vegan yogurt

GAMBAS PIL-PIL 15
sizzling prawns cooked in garlic, chilli, olive oil,
lemon and smoked paprika

SMOKED SALMON 15
brown bread and dill Crème fraîche
 Pairs with Chateau d'Esclans Whispering
Angel Rosé

Upgrade to a main portion for an extra 8

CAPONATA SICILIANA (VG) 8
roasted peppers, aubergine, courgette, capers,
celery, tomatoes and olive oil
 Pairs with Luis Felipe Edwards Reserva Pinot Noir,
Leyda Valley

TO SHARE

SOUR DOUGH FLAT BREADS 8 EACH


MARGHERITA (VG)
San Marzano tomato sauce, mozzarella, basil


CAJUN CHICKEN
San Marzano tomato sauce, mozzarella, grilled cajun chicken
thighs, roasted peppers

DOUBLE PEPPERONI
San Marzano tomato sauce, mozzarella, pepperoni

GOAT CHEESE & CARAMELISED RED ONION (VG)
San Marzano tomato sauce, mozzarella, goat cheese, olives,
walnuts, caramelised red onion

MAINS

GRILLED BABY CHICKEN 22
with pitta bread and garlic mayonnaise
 Pairs with Journeys End Weather Station
Sauvignon Blanc

CHILLI SEA BASS 25
fillets of sea bass with lemon and chilli coriander
 Pairs with Rein Of Terroir Chenin Blanc,
Swartland

MIXED GRILL 30
spiced lamb kebab, marinated chicken and lamb
cutlets served with salad and pitta bread

VEGETABLE DANSAK CURRY (V) 14
a lightly spiced sweet and sour curry with lentils

VEGETABLE BIRYANI (V) 14
a classic rice dish with fragrant Indian spices

SHISH TAWOOK 22
marinated chicken with lemon,
salad and pitta bread

Add to your Biryani or Dansak Curry

Chicken 4
Lamb 6
Prawns 6

28-DAY AGED BRITISH STEAKS

the finest native breeds sourced from Heron's Farm, Colchester

8oz FILLET 35

8oz RIBEYE 35

 Pairs with Arte De Argento Malbec

Sauces 3.5 each

béarnaise | peppercorn | garlic butter | mushroom

SIDES

NAAN BREAD (V) 5.5

BASMATI RICE (V) 5

SEASONAL VEGETABLES (V) 5

POPPADOMS AND SPICED ONIONS (V) 5.5

SIDE SALAD (V) 6

MASALA FRIES (V) 7

KOFFMANN FRIES (V) 6

BUTTERED LEAF SPINACH (V) 5

PARMESAN AND TRUFFLE KOFFMANN FRIES (V) 8

(V) Vegetarian (VE) Vegan

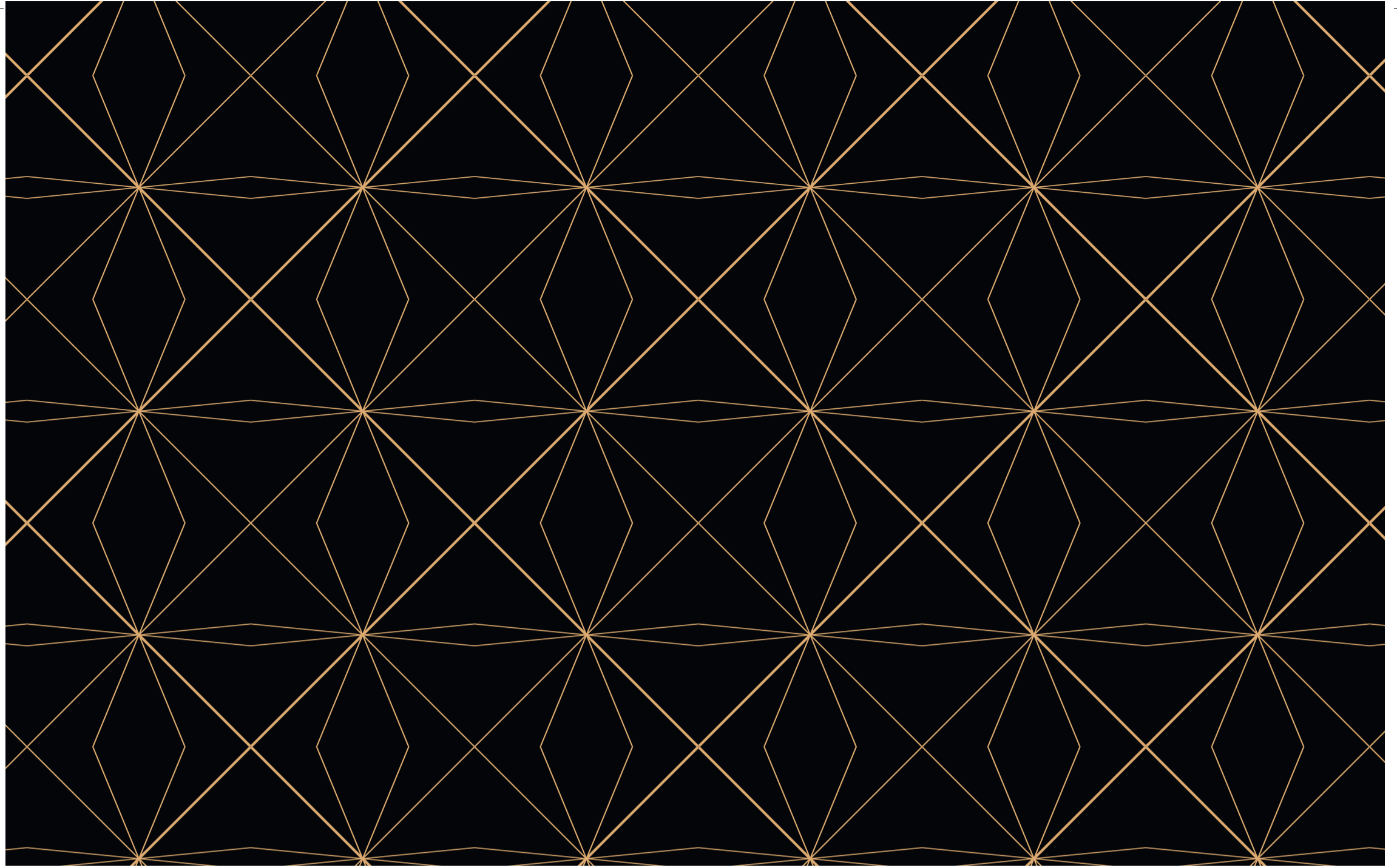


The optional £1.23 on your bill guarantees that a life-changing GiftTree will be planted, to help counter balance the carbon footprint of your meal. www.gifttrees.com

If you have any allergies or dietary requirements, please speak to a member of the team before ordering. Please be aware that traces of allergens used in our kitchen and bar areas may be present, and we cannot guarantee the absence of allergens from our dishes or drink serves. All wine matching serves are 125ml. A discretionary 12.5% service charge will be added to your bill.

SCAN TO VIEW A MENU WITH CALORIES





THE RESTAURANT
at THE SPORTSMAN

