

# Gluten Free Menu

Food Served | Mon-Thurs 12pm – 14.30 pm/5.30pm-9.00pm | Friday- Sat 12pm - 21.30 pm

Please see our Black Boards for Special Dishes of the day

## While You Decide...

Marinated olives	£3.00
GF Garlic bread	£4.00
GF Garlic bread with cheese	£4.50
GF Toasted ciabatta bread basket	£3.00

## To Start...

<b>Fresh Soup of the Day</b>	£5.50
Salted butter & fresh baked ciabatta	

<b>Smooth Chicken Liver Pate Brûlée</b>	£5.50
Served with stokes onion chutney, GF toasted ciabatta & salted butter	

<b>King Prawn Pil Pil</b>	£6.50
Cooked together in Thai basil, chilli & garlic served with GF ciabatta & lemon	

<b>Chicken &amp; Bacon Club Salad</b>	£6.00
Served with Caesar dressing, cucumber, tomatoes and winter leaf salad	

<b>Mediterranean Vegetable &amp; Goat's Cheese Salad V</b>	£6.00
Toasted GF ciabatta crouton, vegetarian pesto and balsamic glaze	

## Winter Salads...

<b>Butchers Sausage Salad</b>	£12.00
Red onion, cherry tomatoes, new potatoes, garlic & balsamic glaze	

<b>Pear, Stilton, Bacon &amp; Walnut</b>	£11.00
Red onions, cherry tomatoes, cucumber, honey mustard dressing	

<b>Roasted Vegetable &amp; Goats Cheese Salad V</b>	£11.00
Mediterranean vegetables & Goats cheese, cherry tomatoes, red onion, vegetarian pesto & balsamic glaze	

<b>Rump Steak &amp; Cheese Salad</b>	£14.50
Served with red onions, blue cheese, cherry tomato & Caesar salad	

## Bit on the Side All £3

**Rustic Chips | Sautéed Garlic Mushrooms | Onion Rings  
Buttered New Potatoes | Winter Coleslaw | Side Salad  
Potato Gratin | Mashed Potatoes**

Please speak to a staff member if you have any food allergies /  
intolerances. Full allergen information is available for all our dishes.  
Our prices include VAT at the current rate. All weights are uncooked  
and approximate. **V** denotes suitable for vegetarians.

## Steaks and Grills...

**Traditionally butchered local meat from Frank  
Wrights Butchers of Colchester, Crouch Street**

<b>10oz Ribeye</b>	£23.00
<b>8oz Rump</b>	£14.50
<b>8oz Fillet</b>	£25.00

All dishes above are served with rustic chips, plum tomato,  
garlic sautéed mushrooms & red onion & tomato salad

## Why not add a sauce???

**Peppercorn £1.50 Stilton sauce £3 Béarnaise £3**

<b>10oz Hand Cut Gammon Steak</b>	£11.00
Served with eggs or pineapple or both for an extra £1, rustic chips, winter slaw & salad leaf	

<b>BBQ Hunters Chicken</b>	£12.00
Topped with BBQ sauce, bacon & melting cheddar. Served with rustic chips, winter slaw & salad leaf	

<b>Sticky Glazed Full Rack of BBQ Ribs</b>	£14.00
Served with Rustic chips, winter slaw & salad leaf	

<b>Fresh Fish &amp; Chips</b>	£12.50
Served with rustic chips, tartare sauce and lemon wedge, your choice of mushy or garden peas or tomato, red onion salad	

## Fender Favourites

**Available Monday-Friday Lunch 12pm- 14.30pm**  
*Excludes Bank holiday Mondays*

<b>Liver and Bacon</b>	£7.50
Served with summer salad	

<b>Sausage &amp; Mash</b>	£7.50
Served with creamy mash and garden peas and meaty gravy	

<b>Chicken Melt</b>	£8.50
With bacon, melting cheddar cheese & BBQ sauce Served with rustic chips, salad leaf & winter slaw	

<b>Cottage Pie</b>	£6.95
Topped with Cheddar mash, seasonal vegetables and gravy	

<b>Crispy Crackling Pork Loin</b>	£7.50
Served with creamy mash, seasonal vegetables and Rich meaty gravy	