

# Gluten Free Menu

Opening Times: Monday to Thursday, 12pm to 2.30pm and 5.30pm to 9.00pm, Friday and Saturday 12pm to 9.30pm  
Sunday - 12pm to 8pm – see separate menu

## While You Decide...

Marinated olives	£3.00
GF Garlic bread	£4.00
GF Garlic bread with cheese	£4.50
GF Toasted ciabatta bread basket	£3.50

## To Start...

<b>Fresh Soup of the Day</b>	£5.75
Salted butter & fresh baked ciabatta	
<b>Chicken Liver Paté</b>	£5.85
Served with stokes onion chutney, GF toasted ciabatta & salted butter	
<b>King Prawn Pil Pil</b>	£6.75
Cooked together in Thai basil, chilli & garlic served with GF ciabatta & lemon	
<b>Smoked Salmon &amp; Prawn Plate</b>	£6.25
Served with cream cheese, GF ciabatta, salted butter & honey mustard dressing	
<b>Mediterranean Veg &amp; Mozzarella Salad</b>	£5.75
Toasted GF ciabatta crouton, pesto and balsamic glaze	

## Summer Salads...

<b>Jerk Chicken &amp; Pineapple Salad</b>	£12.85
Ginger chipotle dressing, salsa & tzatziki	
<b>Baby Prawn &amp; Avocado Salad</b>	£11.90
Red onions, cherry tomatoes, cucumber, Marie rose dressing & lemon wedge	
<b>Roasted Vegetable &amp; Mozzarella Salad</b>	£11.75
Mediterranean vegetables & mozzarella cheese, cherry tomatoes, red onion, pesto finished with balsamic glaze	
<b>Rump Steak &amp; Cheese salad</b>	£14.50
Served with red onions, blue cheese, cherry tomato & Caesar dressing	

## Bit on the Side - All £3.25

**Rustic Chips | Sautéed garlic mushrooms | onion rings  
buttered new potatoes | coleslaw | side salad  
potato gratin | potato Rosti**

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...

<b>Traditionally butchered local meat from Allen's and Sons Butchers of Colchester, St. Botolph's Street</b>	
<b>8oz Rump</b>	£15.50
<b>8oz Fillet</b>	£26.00
<b>12oz Ribeye</b>	£24.50

All dishes above are served with rustic chips, plum tomato, garlic sautéed mushrooms

## Why not add a Sauce???

<b>Peppercorn sauce</b>	£1.50
<b>Stilton sauce</b>	£2.25
<b>Béarnaise sauce</b>	£2.25

<b>10oz Hand Cut Gammon Steak</b>	£12.25
Served with eggs or pineapple or both for an extra £1, rustic chips, coleslaw & summer salad	

<b>BBQ Hunters Chicken</b>	£12.50
Topped with BBQ sauce, bacon & melting cheddar. Served with rustic chips, coleslaw & summer salad leaf	

<b>Sticky Glazed Full Rack of BBQ Ribs</b>	£14.85
Served with Rustic chips, coleslaw & summer salad	

<b>Fresh Fish &amp; Chips</b>	£12.75
Served with rustic chips, tartare sauce and lemon wedge, your choice of mushy or garden peas or summer salad	

<b>Fender Mixed Grill</b>	£24.95
4oz Rump Steak, Lamb chop, Pork loin steak, Sausage, Gammon steak, chicken fillet, plum tomatoes, garlic mushrooms, chips, onion rings & salad	

## Fender Favourites

**Available Monday-Friday Lunch 12pm-14.30pm**

*Excludes Bank Holiday Mondays*

<b>Honey Glazed Sliced Ham, Egg &amp; Chips</b>	£7.25
Served with summer salad	

<b>Sausage &amp; Mash</b>	£8.95
Served with creamy mash, seasonal vegetables & Gravy	

<b>Chicken Melt</b>	£8.95
Topped with bacon, melting cheddar cheese & BBQ sauce Served with rustic chips and summer salad	

<b>Beer Battered Sea Bass</b>	£7.95
Served with rustic chips, Mushy peas, tartare sauce & lemon wedge	