

Blue Strawberry Bistro

MENU

MONDAY - SATURDAY
Served from 11.00am 'til late

Please advise us of any food allergies or specific dietary requirements before ordering
All dishes marked with (gf) either are or can be adapted to suit gluten free

Check in now

NHS
Test and Trace



NIBBLES

(v) Marinated olives (gf)	3.50
Pork crackling: apple sauce dip	3.50
(v) Garlic & basil ciabatta	3.75
with cheese	4.25
(v) Smoked almonds	3.25

STARTERS

(v) Soup of the day	5.95
(vegan) Roasted tomato & red pepper soup (gf)	5.95
Oriental pulled pork spring roll: sweet chilli dip (Vegan version made with seitan)	7.95
Prawn & crayfish cocktail: King prawn & Marie Rose sauce (gf)	8.95
(v) Grilled Essex asparagus: poached egg & Hollandaise sauce	8.95
(vegan) Mushroom & garlic pate: crostini & mixed leaves (gf)	6.95
Chicken liver pate: topped with redcurrant jelly red onion jam & garlic crostini	7.95
Seared scallops (3): black pudding galette & honey dressing	11.95
Salt & pepper squid: oriental vegetables, soy & sesame sauce	8.50
(v) Baked Camembert: garlic & rosemary, red onion jam, crostinis	9.95

STARTER OR MAIN

(vegan) tagliatelle pasta: wild mushrooms, baby spinach, peas & pine nuts (mains with garlic bread) (gf)	8.95/15.95
Chicken & chorizo tagliatelle: in white wine, tomato garlic & chilli (mains with garlic bread) (gf)	9.95/17.95

SALADS

The Blue Strawberry Salad: dressed leaves, King Prawns, pancetta, Stilton, cashew nuts & crisp croutons (gf)	8.50/15.95
(vegan) Moroccan salad: giant couscous, baby spinach, roasted Chick peas, & aubergine, with Tzatziki dressing	7.95/14.95
Nicoise salad: baby gem lettuce, green beans cherry tomatoes, hard-boiled egg, new potatoes	7.95/14.95
Add : garlic king prawns (4)	6.00
Warm lemon & thyme chicken strips	6.00
Warm flaked salmon	4.50
BLT salad: Baby gem, crispy bacon strips, boiled egg	7.95/14.95

MAIN COURSE

Blue strawberry fish pie: (salmon, smoked haddock, king prawns & crayfish tails in a Mornay sauce with cheesy mashed potato	17.95
Chefs pie: shortcrust pastry, mashed potato	16.95
Mediterranean fish broth: mixed seafood, prawns, crayfish saffron potatoes & garlic bread	16.95
Slow cooked pork belly: mashed potatoes & crispy crackling (gf)	15.95
Stuffed chicken breast: filled with goats cheese & red pimento crushed tomato & basil potatoes (gf)	15.95
(vegan) curried cauliflower steak: spiced pye lentils, raita dip	13.95
(v) Cornish Brie, spinach & red onion jam tart: mixed salad & sweet potato chips	13.95
Beer battered fish & chips: Tartare sauce (gf)	14.95
Fillet of salmon: pea & lemon risotto (gf)	16.95
Seabass fillet: crushed lemon & herb potatoes, saffron cream (gf)	17.95
Calves liver: (pink) crispy bacon, bubble n squeak & red onion jus (gf)	17.95
Grilled skate wing: caper & tomato butter, new potatoes (gf)	19.95
10oz Sirloin Steak: chips, grilled tomato & mushroom peppercorn sauce (gf)	24.95
Beef Wellington: (served pink) Dauphinoise potatoes red wine jus	28.95
Lobster: grilled with garlic & herbs half 24.50/whole 42.50 OR Thermidor (glazed white wine cheese sauce) Served with frites & dressed leaves	

SIDES

Creamy mash	2.95	Chips	2.95
Sautéed potatoes	2.95	Mixed salad	3.25
Mixed fresh veg	2.25/3.95	New potatoes	2.95
Tomato & rocket Salad	3.50	Garden peas	2.95
Garlic flat mushrooms	3.50	Dauphinoise potatoes	3.50
Broccoli, garlic & herb butter	3.95	Cauliflower cheeses	3.95
Onion rings with garlic 'mayo	3.50	Blue Strawberry Salad	4.95
Frites	2.95		

For your convenience a suggested gratuity of 10% will be added to your bill for the benefit of serving & other staff

Afternoon Tea Menu now available

Monday-Saturday 12.00-5.00pm

£22.50 per person- 24 hours' notice, £10pp deposit & booking required

Selection of sandwiches, cakes & homemade scones, Tiptree jam & cream (vegetarian & gluten free options available)
Selection of teas & coffees