



## STARTERS

<b>Side Salad (ve)</b>	<b>£2.99</b>	<b>Mac N Cheese</b>	<b>£3.99</b>
<b>White Wine Mussels</b> In garlic and white wine sauce.	<b>£7.99</b>	<b>Garlic Prawns</b>	<b>£5.99</b>
<b>Mussels in Salsa Sauce</b>	<b>£6.99</b>	<b>BBQ Wings with Jerk Sauce</b>	<b>£5.99</b>
<b>Garlic Breaded Mushrooms (ve)</b>	<b>£4.99</b>	<b>Roti's</b> jerk sauce with pickled onions and cream sauce. Pulled chicken or vegatable available.	<b>£5.99</b>

## BEN'S SHARER PLATTERS

<b>Chicken Wings, Chicken Strips, Breaded Mushrooms, Garlic Bread, Cheesy Fries</b>	<b>£11.99</b>
<b>Scampi, Mussels, Homemade Fish Fingers, Garlic Bread And Potato Wedges</b>	<b>£13.99</b>

## LUNCH TIME SANDWICH SELECTION

Available on white or brown bread with salad garnish £3.99

**Ham, Cheese, Tuna Mayo, Prawn, Bacon Or Sausage**

## MAIN MEALS

<b>English Breakfast (served till 3pm)</b> Bacon, sausage, eggs, beans, mushrooms, black pudding & bread and butter	<b>£8.50</b>	<b>Traditional Scampi, Chips &amp; Garden Peas</b>	<b>£8.99</b>
<b>Jerk Chicken with Rice and Peas</b> Grilled with jerk seasoning, jerk sauce, rice and peas	<b>£9.99</b>	<b>Traditional Hand Battered Fish &amp; Chips</b> Both of the above are with garden peas, tartare sauce and lemon wedge.	<b>£9.99</b>
<b>Vegan Ital Stew (ve)</b> Caribbean vegetable stew with coconut milk and spice.	<b>£8.99</b>	<b>Brown Chicken Stew</b> Slow cooked with potato, carrots and peas.	<b>£9.99</b>
<b>Curried Goat</b> In coconut sauce with potatoes and carrots.	<b>£11.99</b>	<b>Traditional Bangers and Mash</b> Creamed potato with seasonal vegetables and homemade onion gravy.	<b>£7.99</b>

## SIDES

<b>Halloumi Fries</b>	<b>£4.99</b>	<b>Garlic Bread</b>	<b>£3.00</b>
<b>Large Chips</b>	<b>£3.00</b>	<b>Cheesy Garlic Bread</b>	<b>£3.50</b>
<b>Sweet Potato Fries</b>	<b>£3.00</b>		

## BURGERS

All served in brioche bun with sweet potato fries or chips and side salad.

100% Beef Burger	£8.99	Add A Topping For £1 Extra
Vegan Burger	£8.99	Cheese, Bacon, Halloumi, Egg Or An Extra Patty For £1.50
Southern Fried Chicken Burger	£8.99	

## STEAKS

With garlic mushrooms, fries, sweet potato fries, mashed potato and seasonal vegetables.

Sirlion £10.99 – Rib Eye £11.99 – Rump £10.50

\*Spice It Up With Jerk Sauce Or Creamy Peppercorn Sauce For An Extra £1 Each

## FRESH HOMEMADE SUNDAY ROASTS

Are Available Every Sunday Please Ask About Bookings.

## DESSERTS

Freshly Ground Coffee Available As You Like It!

Raspberry, Mango Or Prosecco Sorbet	£3.99	Traditional Apple Crumble With Ice Cream Or Custard	£3.99
Chocolate Brownie	£3.99		
Warm Chocolate Fudge Cake With Ice Cream Or Custard	£3.99	Tripple Ice Cream Scoop (Chocolate, Vanilla And Strawberry)	£3.99

### Hot Drinks Available

Latte, Cappuccino, Americano, Black Coffee, Hot Chocolate, Green Tea, English Tea

## SMALL PORTION & CHILDRENS MENU MEAL DEAL £6.50

All served with salad, fries, mash, rice and peas or baked beans

Small Mac & Cheese with side salad garnish	Small Cheese & Tomato Pizza
Small Sausage and Mash	Small Chicken Breast with rice and peas
Small portion Chicken Nuggets	Small Fish and Chips
Small Scampi	

## DESSERTS

2 Scoops Ice Cream

Chocolate Brownie

Vegan Coconut & Raspberry Slice (ve)

\*Meal Deal Includes Main With Desert And Small Non Alcoholic Drink £6.50

Small Fizzy, Fruit Shoot, Capri Sun Tea/Coffee Or Fruit Juice.

Phone for Bookings - 01245 257724 Booking Advised, Email - theeagleandhind@gmail.com

Eagle and Hind Chelmsford on Facebook Twitter Instagram

V - Vegetarian VE - Vegan

Terms & Conditions: Our menu descriptors do not include all ingredients. Full allergen information on the ingredients in the food we serve is available on request – please speak to a team member. Whilst we take care to preserve the integrity of our vegetarian & vegan products, we must advise that these are handled in a multi-kitchen environment. All of our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; therefore we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. All calorie counts are based on standard portion sizes, and as dishes are made to order this may vary slightly. Reference intakes for an average adult 8,400Kj / 2,000 Kcal. Prices shown include VAT at the current rate, should the VAT rate change, menu pricing will be adjusted accordingly. Meals and meal deals are subject to availability. All offers only available at the price points and days advertised on the menu. We reserve the right to remove any of our food & drink deals on all Bank Holidays (UK & Scotland), Christmas Eve & New Year's Eve. Please ask a member of the team before placing your order on these days if you have any queries.