



THE HOOP

Food Times - Monday to Friday 12pm-2.30pm | Monday to Thursday 6pm-9pm | Friday 6pm-9:30pm
Saturday 12pm-9:30pm | Sunday 12pm-5pm (Sunday lunch menu only)

PLEASE PLACE ALL FOOD ORDERS AT THE BAR

Our Food is cooked to order & any changes to the dishes may incur a surcharge. Inform staff of any food intolerances when ordering. The Hoop allergy folder can be found at the bar. Due to new food safety regulations we are required by law to cook all burgers and calves liver well done.

NIBBLES

Sicilian green **olives** £4.00 Carte de **musica bread**, pesto & parmesan £4.50 Bread & butter £3.50

STARTERS

Chef's **seasonal soup** of the day, chunky bread £6.95
Devon crab and **prawn cocktail** £8.95
Citrus cured salmon, dill crème fraiche, rye bread, caviar £8.95
Sicilian tomatoes on toasted sour dough, pecorino, basil oil £7.95
Whipped chicken liver **parfait**, toasted homemade brioche, burnt orange puree £7.95
Pigs head **sausage roll**, homemade Brown sauce £7.95
Chickpea fritters, dukkah spice, pomegranate, mango and saffron yoghurt (v) £7.95

MAINS

Beer battered **cod** with crushed peas, The Hoop's chunky chips, lemon and homemade tartar sauce £12.95
Whole tail **scampi** with The Hoop's chunky chips, lemon and homemade tartar sauce £11.95
The chef's handmade short crust **pie of the day** – see specials board £12.95
Maureen of Poplar **pie, mash & liquor** Single £6.95 Double £9.95
Holts of Witham sausages, creamed potato, roast shallot, gravy £12.50
The Hoop's classic **toad in The Hoop** with mash and gravy (cooked to order 25 min wait) £12.50
Thick cut **ham**, mustard and honey glaze, double fried duck eggs & fat chips £11.50
Pan fried **calves liver**, crispy bacon, creamy potato, home cooked onion rings and gravy £14.95
The Hoop's 8oz **homemade burger** with bacon, egg, cheese and salad with skinny fries (15-20 min wait) £12.95

FROM THE GRILL

All our steaks are **Holt's aged Himalayan salt cured beef**, served with mushroom, tomato, spinach, and The Hoop's fat chips with your choice of sauce, **au poivre** (peppercorn) or **béarnaise**

8oz Dedham Vale **fillet steak** £29.95
500g grass fed **ribeye** on the bone £29.95

SIDE DISHES £3.50 Each

Minted new potatoes, Garden **peas**, Creamy potato, Mixed dressed **salad**, Hand Cut **chunky chips**,
Homemade **coleslaw**, Skinny **fries**, Homemade onion **ring**, Selection of seasonal **vegetables**

DESSERTS

The Hoop's **Ice Cream & sorbets & chocolate crumb**
(see staff for flavour) **Single** £2.00 **Double** £4.00 **Trio** £5.95
The Hoop's individual **treacle tart**, clotted cream (20 min) £6.95
70% Dark chocolate **mousse**, passion fruit sorbet £6.95
White chocolate and vanilla **bavarois**, strawberry jelly
& Pistachio ice cream £6.95
Warm chocolate **fondant**, salted caramel ice cream,
homemade honeycomb (15 min) £8.95
Crumble tart of the day, crème anglaise and vanilla ice cream (v) £6.95
Selection of **cheese** served with biscuits and quince £8.95
The Hoop's chef's homemade **truffles** Selection of three: £3.00
Dark chocolate with pistachio milk chocolate salted caramel
white chocolate & champagne

SANDWICHES

Served Monday to Friday 12pm-2.30pm and 12pm-5pm on Saturdays

We use fresh bread delivered daily from Glengarry bakery in Billericay. Hand cut and freshly made to order on your choice of wholemeal or white bread.

Prawn and crab in marie rose sauce, served with coleslaw and crisps £7.95
Pastrami, onion and cheese on toasted sour dough £7.95
Suffolk smoked **bacon, lettuce and tomato**, served with coleslaw and crisps £6.95
The Hoop's **fish** sandwich and tartar sauce, served with pea mayo £7.95
The Hoop's **hot salt beef** bagel served with mustard and pickle on the side £7.95
Smoked salmon & cream cheese bagel, served with cornichons and coleslaw £7.95

We have a selection of gluten free products available including bread, pasta, gravy and crackers. Please inform staff if you would like to make any changes to your dish to suit your dietary requirements.
NOTE – OUR FRYERS ARE USED FOR WHEAT PRODUCTS. If you are happy with the food and service, we suggest a 10% gratuity. If the service wasn't up to scratch, don't pay for the service (But please do let us know what we could do better).