

The Hoop Menu

Opening Hours: Lunch Monday to Friday 12pm-2.30pm Dinner: Monday to Thursday 6pm-9pm
Dinner: Friday 6pm-9.30pm Saturday: 12pm-9.30pm Sunday 12pm-5pm (Sunday lunch menu only)

Please place all food orders at the bar. All food is cooked to order & any changes to the dishes may incur a surcharge. Inform staff of any food intolerances when placing your orders. The Hoop allergy folder can be found at the bar.

We have a selection of gluten free products/ingredients/dishes 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. **G** = Gluten Free **V** = vegetarian **NOTE - OUR FRYERS ARE USED FOR WHEAT PRODUCTS**

Nibbles

- V** Sicilian green **olives** £4.00
- V** Carte de **musica bread**, pesto, basil and parmesan £4.50
- The hoops' **bread** & butter £3.50

Starters

- V** Chef's **seasonal soup** of the day, chunky bread £5.95
- The Hoops' prawn and crab **cocktail** with brown bread £7.95
- Salt beef **terriner**, mustard mayo, pickles, toasted sour dough £7.95
- Scotch smoked salmon**, shallot, chives, egg white & yolk, capers, crème fraiche, toasted rye bread £8.95
- English beetroot and crotin **goats cheese** salad, candied walnuts £7.95
- Chicken liver **parfait**, homemade brioche, red onion chutney £7.95
- Pigs Head sausage roll, homemade Brown sauce £6.95

Mains

- Beer battered **cod** with crushed peas, The Hoops' chunky chips, lemon and homemade tartar sauce £12.95
- Whole tail **scampi** with The Hoops' chunky chips, lemon and homemade tartar sauce £11.95
- The chef's handmade short crust **pie of the day** – see specials board £11.95
- Maureen of Poplar **Pie, mash & Liquor** single £6.95 double £9.95
- Holt's of Witham **Sausage's, mash** and onion gravy £10.95
- The Hoops' classic **Toad in the Hoop** with mash and gravy (cooked to order 25 min wait) £11.50
- Double Smoked treacle cured **ham** with butter fried duck eggs and chunky chips £11.50
- Pan fried **calves' Liver, crispy bacon**, creamy mash, home cooked onion rings and gravy £13.95
- The Hoop's fully loaded 8oz **homemade Burger** with bacon, egg, cheese and salad with skinny fries £12.50

Steaks - Holt's aged Himalayan salt cured beef

- All steaks served with mushroom, tomato, spinach and The Hoop's fat chips with your choice sauce **au poivre** (peppercorn) **or béarnaise**
- G** 8oz Dedham Vale **Fillet steak** £28.95
- G** 500g grass fed **Rib eye** on the bone £28.95

Side Dishes £3.50 Each

- minted new **potatoes**, garden **peas**, creamy **mash**, mixed dressed **salad**, hand cut chunky **chips**, skinny **fries**, homemade **coleslaw**, homemade **onion rings**, chefs selection of fresh **vegetables** and new potatoes

Desserts

- The Hoops' **Ice cream** (see staff for today's flavour) served on a bed of chocolate crumb
- Trio** of ice-cream £5.95
- Single** scoop £2.00
- The Hoops' individual **Treacle tart**, Vanilla ice cream (15 min) £6.95
- Raspberry **Crème Brulee**, raspberry sorbet £6.95
- White chocolate** bavois and lime jelly, cocoa sorbet £6.95
- Warm chocolate **Fondant**, salted caramel ice cream (15 min) £8.95
- Crumble** tart of the day, crème anglaise and vanilla ice cream £6.95
- Selection of **Cheese** served with biscuits and quince £8.95

The Hoop's chefs' homemade **Chocolate Truffles** selection of three £3
Dark Chocolate with Pistachio- Milk chocolate-Salted caramel- White Chocolate & Champagne

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).

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Sandwiches

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

We use fresh bread delivered daily from Glenngarry bakery in Billericay. Hand cut and freshly made to order on your choice of wholemeal or white bread. All sandwiches come with homemade coleslaw and crisps (excluding the fish sandwich & salt beef bagel)

Prawn and crab in Marie Rose sauce £7.95

Tomato, rocket and olive **tapenade**, mozzarella cheese £6.95

The Hoops' **fish** sandwich, tartar sauce, pea mayo £7.95

Suffolk smoked **bacon, lettuce** and **tomato** £6.95

The Hoops' **hot salt beef** bagel served with mustard and pickle on the side £7.95

Fancy a cuppa? Our coffee beans are roasted in Essex.....Fresh is best!

We have a selection of **Teas** available £2.00

Cappuccino, Latte £2.50

Espresso £2

Double Espresso £2.50

Homemade hot chocolate £3

Floater £2.50 + Spirit

For our **Full Wine List** & information on guest wines, ports and dessert wine please ask staff for Menu

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