



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 AND DRINK ORDERS AT THE BAR & INFORM US OF ANY DIETARY REQUIREMENTS

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 £4.95

STARTERS

London Light cured Wanstead smoked salmon , pickled cucumber, crème fraich, rye bread	£9.95
The Hoop's Atlantic prawn cocktail	£9.50
Pigs head sausage roll , homemade brown sauce and crackling	£7.95
Whipped chicken liver parfait , burnt orange puree, orange oil and brioche	£7.95
Chickpea fritters , mango yoghurt, dukkah spice, coriander and pomegranate (V)	£7.95
Handpicked Devon crab , heirloom tomatoes, gazpacho sauce	£8.95
Soup of the day	£6.95

MAINS

Beer battered cod with crushed peas, The Hoop's chunky chips, lemon and tartar sauce	£12.95
Whole tail scampi with The Hoop's chunky chips, lemon and tartar sauce	£11.95
The Chef's handmade short crust pie of the day – see specials board	£12.95
Maureen of poplar pie, mash and liquor	Single £6.95 Double £9.95
Holts of Witham sausage , creamed potato, roast shallot and gravy	£12.95
The Hoop's classic Toad in the Hoop with mash and gravy (25 min wait)	£12.95
Thick cut ham , mustard and honey glaze, double fried duck egg and chunky chips	£11.95
Pan fried calves liver , crispy bacon, creamy potato, home cooked onion rings and gravy	£14.95
The Hoop's homemade burger with bacon, egg, cheese, salad and skinny fries	£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 Trio of Ice Cream & chocolate crumb (see staff for flavours) Single £2.00 Double £4.00 Trio £5.95	
Selection of cheese served with biscuits and quince	£8.95
Crumble tart of the day, crème anglaise and vanilla ice cream (v)	£6.95
Warm chocolate fondant , salted caramel ice cream, homemade honeycomb (15 min)	£8.95
Lemon meringue tart with raspberry sorbet	£7.95
Tonka bean pannacotta , Norfolk strawberries, meringue and honeycomb	£7.95
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 in marie rose sauce	£7.95
Cheddar cheese & pickle sandwich	£7.95
Suffolk smoked bacon, lettuce and tomato	£7.95
The Hoop's fish sandwich and tartar sauce	£7.95
The Hoop's hot salt beef bagel served with mustard and pickle on the side	£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).