

RESTAURANT
EST. R B G 2002
BAR & GRILL

OCEAN & LAND

MAIN MENU

Join us on a culinary adventure where the ocean and land come together in perfect harmony. Our menu is a celebration of fresh, responsibly sourced ingredients with succulent seafood from pristine waters, carefully selected British cattle and vibrant seasonal produce. Each dish is crafted to showcase only the finest ingredients to create flavours you won't find anywhere else.



Seared Scallops

Appetisers

Giant Gordal Olives VG Pitted & marinated with guindilla chillies	5.50	Scorched Padron Peppers VG NEW Smoked Dorset sea salt, lemon & extra virgin olive oil	6.00
Freshly Baked Sourdough V Jersey butter	6.00	Colchester Rock Oysters Shallot vinegar, Tabasco & lemon	Three 12.00 Six 22.50
Hummus & Crisp Arab Bread VG Chickpea, lemon zest & sesame dip, garlic, ginger, chilli	9.50		

Starters

Ocean

Seared Scallops NEW Crushed minted peas, chorizo & sherry vinegar dressing	18.00
Argyll Smoked Salmon Toasted rye bread, Jersey butter & lemon	14.50
Dirty Martini Prawn Cocktail NEW Wild red prawns, spiced tomato and horseradish sauce, white vermouth, lemon & spring onion	16.00
Crispy Fried Chilli Squid Thai herbs, noodle salad & sweet chilli	12.00
Tempura King Prawns Chilli jam & lime	14.00
Yellowfin Tuna Sashimi Wasabi, pickled ginger & soy	16.00
Salmon Sashimi NEW Wasabi, pickled ginger & soy	15.00
Spicy Yellowfin Tuna Tartare Grapefruit, ginger, soy & sesame, prawn crackers, wasabi mayonnaise	15.00
Salmon Tiradito NEW Lime, cucumber, chilli, sesame & coriander	15.00
Sea Bass Ceviche NEW Passion fruit tiger milk, avocado, cucumber, chilli & coriander	15.00

Seafood Experience 40.00 <i>Showcasing a selection of our premium ocean dishes</i> Salmon tataki, spicy yellowfin tuna tartare, sea bass ceviche, salmon sashimi, yellowfin tuna sashimi

Land

Fillet Steak Tartare Free range egg yolk, sourdough toast, horseradish & parsley mayonnaise	15.50
Heritage Beetroot VG Avocado, Soy labneh, orange, crushed hazelnut & micro basil	10.00
Truffle & Leek Croquettes V Truffle aioli, matured Italian cheese & chives	9.50
Crispy Duck Spring Rolls Pineapple & ginger dipping sauce	13.00
Chicken Skewers Tikka spices, mint yoghurt & lime	12.00
Korean Fried Chicken Crispy marinated boneless chicken, Korean spices, sesame & Gochujang soy sauce	12.00

Asian Plate 42.00 <i>Showcasing a selection of our land appetisers</i> Crispy duck spring rolls, tempura king prawns, chicken tikka skewers, Korean fried chicken, chilli squid, pickled mooli, prawn crackers & dipping sauces
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The Treacle Steak Experience

The Grill

Since we began in 2002, we have made it our mission to serve only the very best steak. Each cut is expertly butchered, aged & cooked on the Josper grill to lock in the flavour and create an irresistible caramelised crust.

British Steaks

Rump Steak 275g Angus North Yorkshire British Isles	28.00
Fillet Steak 225g Angus County Armagh British Isles	35.00
Sirloin Steak 350g Angus North Yorkshire British Isles	38.00
Ribeye Steak 350g Angus North Yorkshire British Isles	39.00
Côte De Boeuf 400g Shorthorn & Belted Galloway North Yorkshire British Isles	44.00

Wagyu Sirloin 300g 100% Wagyu, 8-9 MS New South Wales Australia	75.00
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Speciality Grill

Rare Breed Pork Chop NEW Crispy crackling, micro coriander, apple cider & mustard sauce	31.00
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Sauces

Béarnaise	4.00
Green Peppercorn	4.00
Chimichurri	4.00

British Sharing Steaks

Our sharing cuts are priced per 100g, ask your server for the sizes available today.

T-Bone Shorthorn & Belted Galloway North Yorkshire British Isles	10.50/100g
Côte De Boeuf Shorthorn & Belted Galloway North Yorkshire British Isles	11.00/100g
Chateaubriand Angus County Armagh British Isles	16.00/100g

The Treacle Steak Experience	100.00
800G Côte De Boeuf, marinated for 24 hours in black garlic & treacle, served with Wagyu bone marrow & beef dripping chips	

Piri Piri Chicken NEW Grilled marinated Somerset Saxon half chicken & piri piri sauce	25.00
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Toppers

Fried Duck Egg	3.50
Wagyu Bone Marrow Confit onions & crispy breadcrumbs	5.50

Sides

Beef Dripping Chips NEW Flavoured with garlic & rosemary	6.50
Fries V Add truffle & Parmesan 1.75	6.00
Mashed Potatoes V	6.00
Cauliflower Cheese V	6.00
Confit Garlic Spinach VG	6.00
Tenderstem Broccoli, Chilli & Garlic VG	6.00

Iceberg Salad VG NEW Shredded lettuce, seaweed, roasted onion & apple dressing	5.50
Butter Leaf Salad VG NEW Chives, tarragon & vinaigrette	5.50
Smashed Cucumber VG NEW Sweet tahini dressing, coriander, mint, chilli & sesame	5.50



Grilled Wild Red Prawns

Mains

Discover our signature main courses. Designed to showcase thoughtfully crafted dishes that celebrate the finest flavours and sustainably sourced ingredients from the ocean and land.

Ocean

Miso Black Cod Pickled red onions & sticky rice	37.00
Baked Sea Bass NEW Baked boneless whole fish, chilli, ginger, nam jim sauce, coriander, shiitake mushrooms, crispy shallots & sticky rice	32.00
Seared Yellowfin Tuna NEW Pistachio crust, slow-cooked peppers, capers, olives & pine nuts	29.00

Grilled Wild Red Prawns NEW Wild red prawns, spicy Romesco sauce, lime & micro coriander	27.00
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Fish & Chips Mushy peas & tartare sauce	21.00
Whole Grilled Lobster NEW Garlic & parsley butter, samphire & fries	58.00
Tuna Nicoise Salad NEW Seared yellowfin tuna, soft boiled Burford Brown egg, tomato, Gordal olive, potato, green beans & lemon dressing	19.00

Land

Miso Glazed Aubergine VG NEW Pickled shiitake mushrooms, ginger, chilli & sesame, Sriracha sauce, sticky rice	20.00
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Wild Scottish Venison Crispy confit potatoes, caramelised celeriac purée & juniper jus	34.00
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The Ultimate Angus Beef Burger 200g beef patty, braised ox cheek, raclette cheese, hash brown, crispy onions, brioche bun, spicy burger sauce & fries	21.00
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Halloumi Burger V Grilled onions, pickles, tomato, lettuce, spicy burger sauce, brioche bun & fries	17.00
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Lebanese Fattoush Salad V Halloumi, crispy khubz bread, heirloom tomato, radish, cucumber, mint, parsley & buttermilk	17.00
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Chargrilled Chicken Caesar Salad Gem lettuce, Parmesan, pancetta, anchovies & garlic sourdough croutons <small>A light Caesar dressing is available on request</small>	18.00
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Crispy Duck Salad NEW Thai herb salad, sugar snap peas, spring onion, beansprouts, pink grapefruit, red chilli, coriander, mint, soy & Asian dressing	17.50
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A discretionary service charge will be added to your bill, 100% of this service charge will go to our team. Please always inform your server of any allergies before placing your order as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes. Country of Origins are correct at the time of publication and subject to availability. Meat weights are uncooked & approximate. All our fish is responsibly caught from sustainable sources. Traces of shell & bones may be present in some of our seafood dishes.

V Vegetarian VG Vegan NEW New Season Dishes

Allergens
& Calories
Scan this code

