



Chef’s Message

Head Chef Quantan and the kitchen team are passionate about what they do. They take pride in sourcing the finest local ingredients while also seeking out the best seasonal produce from further afield. Every dish is cooked fresh to order, so if you’re short on time, just let us know.

Grazing & Sharing

Pitted Spanish Olives (ve, gf) 3.95
sunblushed tomatoes *(SD)* 114 kcal

Olive & Oregano Focaccia (v) 6.50
oil & balsamic *(G,SD / S, E, D)* 236 kcal

Puffed Pork ‘Quaver’ (gf) 3.95
sage & fennel salt 129 kcal

Roast Pumpkin Houmous (ve) 4.95
pumpkin seeds, flatbread *(G,SE / S, CE, MU, SD)* 297 kcal

Crispy Whitebait 5.95
tartare sauce *(G, F, E, MU)* 331 kcal

Honey & Mustard Pigs in Blankets 5.95
(G, D, MU, SD) 401 kcal

Starters

Soup of the Day 6.50
bread, butter *ask for allergens & calories*

Roast Chicken & Leek Terrine (gfo) 7.95
winter chutney, pickles, toast *(G / F, P, N, S, D, CE, MU, SE, SD)* 220 kcal

Classic Prawn & Avocado Cocktail 8.50
brown bread, butter *(G, C, S, D, MU / SE)* 590 kcal

Whipped Feta Cheese with Warm Beetroot (ve) 6.95
roasted fig, pickled walnuts *(N, G)* 102 kcal

Black Pudding Scotch Egg 8.50
apple & celeriac rémoulade
(G, S, E, D, MU, SD, CE / SE, F, MO, C) 435 kcal

Main Courses

Fish & Chips (gf) 13.95/17.50
beer-battered North Sea haddock, chunky chips, mushy peas
(SD, F, E, MU / CE) 694 kcal / 981 kcal

Braised Rich Beef Shin & Mushroom Ragu Pappardelle 14.95
crispy sage, Parmesan *(G, E, D, SD / S, CE, MU)* 566 kcal
add garlic bread *(G, D / SE)* 254 kcal 3.50

Cumberland Pin Wheel Sausage 13.95
bubble & squeak, cider onion gravy, crispy onion petals
(G, D, SD / CE, MU) 1097 kcal

Pie of the Day 17.95
seasonal vegetables, creamy mash or chunky chips, gravy *ask for allergens & calories*

Coachman’s Chicken (gf) 16.95
streaky bacon, smoked cheddar cheese, BBQ sauce, skinny fries, simple salad *(D, MU, SD)* 1372 kcal

Bavette Steak Frites (gf) 19.95
skinny fries, green peppercorn sauce *(D, CE, SD / MU)* 794 kcal

Moules Marinière (gf) 18.95
skinny fries *(MO, D, SD / MU)* 1372 kcal

The Saracens Head 6oz Burger 16.95
Monterey Jack cheese, crispy bacon, burger sauce, crispy onions, lettuce, tomato, skinny fries *(G, S, E, D, MU)* 880 kcal

Symplicity Vegan Burger (ve) 14.95
Vegan Applewood cheese, toasted brioche bun, lollo bionde lettuce, tomato, pickled red onion, relish, skinny fries *(G, S, MU, SD / D)* 560 kcal

Lamb’s Liver Bourguignon & Bacon (gf) 14.95
mashed potato, buttered seasonal greens *(D, CE)* 940 kcal

The Saracens Head Vegan Lasagna (ve) 16.95
roquette salad, rosemary focaccia *(G, S, CE, MU, SD / P, E, SE, N)* 1032 kcal

Breaded Aubergine Schnitzel (v) 12.95
curry sauce, pickled red onions, coriander basmati rice *(G, E, D, SD / C, F, S)* 457 kcal

Chicken Caesar Salad (gfo) 13.95
baby gem lettuce, soft boiled egg, Parmesan, rosemary croutons
(G, F, E, D, SE / N, MU, SD) 1151 kcal add bacon 256 kcal 2.00

Poached & Fresh Pear with Gorgonzola Cheese Salad (v) 12.95
watercress, radicchio, pickled walnuts, lemon dressing
(G, N, D / CE, MU) 227 kcal

Sides

Chunky Chips (ve, gf) herb salt *(SD / CE)* 186 kcal 4.25

Skinny Fries (ve, gf) herb salt *(SD)* 293 kcal 4.25

Buttered Seasonal Greens (v, gf) 4.25
(D) 136 kcal

Battered Onion Petals (ve, gf) 4.95
garlic mayonnaise 368 kcal

Simple Salad (v, gf) 4.50
olives, radicchio, gem lettuce, cherry tomatoes, red onion *(D / CE, SD)* 55 kcal

Invisible Chips 2.00

0% FAT, 100% HOSPITALITY

All proceeds from Invisible Chips go to Hospitality Action, who offer help and support to people in Hospitality in times of crisis. Thanks for chipping in! Scan this code for more information or visit hospitalityaction.org.uk



Desserts

Sticky Toffee Pudding (ve, gf) 6.50
vegan ice cream or clotted cream ice cream
(S / D) 702 kcal

Chef’s Crumble (v, gf) 6.50
custard or ice cream *(D / S, L, CE, G, E)* 667 kcal

Chocolate Fondant (v) 9.95
glazed black cherries, sour cherry sorbet
(G, S, E, D, SD) 793 kcal

Croissant, Pear & Dark Chocolate Bread & Butter Pudding (v) 6.95
whisky orange glaze, clotted cream ice cream
(G, N, S, E, D, SE, SD / MU, F) 1146 kcal

Orange & Cardamom Panna Cotta (ve, gf) 7.50
gingernut crumb *(S, SD)* 609 kcal

Ice Cream & Sorbets (v, gf) 3.95
ask for today’s selection
ask for allergens & calories

Cheeseboard (v, gfo) 10.25
two local cheeses, crackers, chutney, grapes, apple *(G, N, D / SD)* 695 kcal

If you have a food allergy, intolerance or sensitivity, please speak to your server before ordering your meal. Please be aware our kitchens contain allergens of all kinds so we therefore cannot guarantee that any one dish can be free of all traces of any allergen. Items cooked within our fryers and ovens cannot be separated from allergenic ingredients and cross contamination may occur.

v (vo): Vegetarian (on request) ve (veo): Vegan (on request) gf (gfo): Gluten-Free (on request)
Allergens (**Contains** / May Contain): C: Crustaceans • CE: Celery • D: Dairy • E: Eggs • F: Fish • P: Peanuts • G: Gluten • L: Lupin • N: Nuts • MO: Molluscs • MU: Mustard • S: Soya • SD: Sulphur dioxide • SE: Sesame seeds

We add a discretionary 10% service charge on all our food items. 100% of all gratuities go directly to our team members. Please let your server know if you wish to remove this element.



Saracens Head Hotel

Great Dunmow



Children Eat Free on Sundays

Get one free children's three-course meal from our Children's Menu when you purchase a full-priced adult main course.

Drinks not included. Dishes and offer subject to availability. Offer only available for children aged 12 and under.



Be Inn the Know

Get all the latest news and offers for The Saracens Head Hotel delivered to your inbox! Simply scan the code and add your details to sign up.

Afternoon Tea

Join us every day between 2pm and 5pm for our sumptuous Afternoon Tea. Enjoy a selection of finger sandwiches and sweet treats with unlimited tea or coffee.

Why not add a glass of fizz and make it extra special?

Afternoon Teas must be pre-booked.

www.saracenshead-hotel.co.uk



Part of The Coaching Inn Group