

## 2 COURSES FOR £18.00

### STARTERS

**WHITE ONION VELOUTÉ**    
black garlic emulsion focaccia 768 kcal G,E,M,SO

**THE GEORGE'S PRAWN COCKTAIL**   
prawn & crayfish, lemon mayonnaise, pickled cucumber, crispy  
lettuce & music paper bread 142 kcal E,CR,G

**GOLDEN BEETROOT CARPACCIO**    
goat cheese & sun blush tomato bon bon  
& truffle honey dressing 479 kcal M,G,SO

**SPICY PULLED PORK BUN**  
apple, pickled cucumber, cabbage & harrita bun 527 kcal G,SE,S,SO

### MAINS

**THE GEORGE HOUSE BURGER**   
British excellence beef burger, cheese, onion relish, roasted garlic  
mayo, baby gem, red onion & tomato, sesame toasted bun  
& skinny fries 1351 kcal G,E,M,S,SO

**SLOW COOKED BELLY PORK**   
wilted spinach, crispy potato cake, cider jus & crispy shallots  
1563 kcal G,M,SO

**STEAK AND GUINNESS PIE**  
mashed potato, seasonal vegetables 840 kcal G,M,E,C

**ROASTED BUTTERNUT SQUASH GNOCCHI**   
pickled girolles, crispy kale & parmesan shavings 530 kcal G,E,M,MU,SO

**CHORIZO AND NDUJA SAUSAGE RISOTTO**   
Wensum white cheese 1059 kcal M,G

### DESSERTS

**BLACK FOREST BROWNIE**  
with cherry ice cream & kirsch gel 943 kcal G,E,M,S


**WARM STICKY TOFFEE PUDDING**   
toffee sauce, Muscovado tuille & vanilla ice cream 474 kcal G,N

**APPLE AND BLACKBERRY CRUMBLE**    
with custard 796 kcal G,M


**MILK TOFFEE TART**   
with spiced orange ice cream 598 kcal M

Our suppliers & kitchens handle numerous ingredients & allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be allergen free. The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

Allergen Key: C celery, G gluten, F fish, CR crustaceans, E eggs, MO molluscs, M milk, SE sesame seeds, N nuts, MU mustard, P peanut, SO sulphur dioxide, L lupin, S soya

 Vegan on request

 Vegetarian on request

 Gluten free on request



THE GEORGE  
COLCHESTER

# MARCH MENU

AVAILABLE MONDAY - THURSDAY