

THEYDON OAK

Dining & Pub



Sandwiches

With a choice of white or brown bread.

Mature Cheddar	£4.25	Crayfish & sweet chilli	£4.95
Ham off the bone	£4.50	Smoked salmon	£4.95
Tuna mayo	£4.95	Prawns in seafood sauce	£4.95

French Baguettes

Bacon & mushroom	£5.50
Sausage & fried onion	£5.50
Prawns in seafood Sauce	£5.50

Ploughman's

Served with coleslaw, salad garnish & french bread.

The oak; cheddar, ham, stilton, gherkin & pickle	£9.50
The marine; smoked salmon, prawn & crayfish	£9.95

Jackpot Potatoes

Served with fresh salad & a choice of filling.

Bacon	£6.95	Cheese & beans	£6.50
Ham off the bone	£6.95	Coleslaw	£5.50
Cheese	£5.95	Prawns in seafood sauce	£8.50

Omelettes (Made to Order)

All omelettes served with salad & steakhouse chips.

Plain omelette	£5.50		
A Choice of Filling:			
Cheese	£1.00	Mushroom	£1.00
Onion	£1.00	Bacon	£1.50
Ham	£1.50	Tomato	£1.00

Please inform a member of staff if you have food allergies or intolerances.
Please note that a 10% discretionary service charge will be added to tables of 6 and over guests.



Desserts

British Cheese Board	£7.50
Lemon sorbet	£5.25
Fruity & tangy	
Movenpick Luxury Ice Cream	£5.25
Spectacular & unusual flavours – three scoops. Flavours;	
Vanilla Strawberry Mint chocolate chip White chocolate	
Chocolate Caramelita Rum & raisin	
Treacle sponge pudding	£5.25
Served with choice of cream, custard or vanilla ice cream.	
Chocolate sponge pudding	£5.25
Served with choice of cream, custard or vanilla ice cream.	
Spotted dick pudding	£5.25
Served with choice of cream, custard or vanilla ice cream.	

Check the specials weekly sheet for ice cream flavours
& other fresh tempting desserts.

Hot Drinks

Liqueur coffee	£5.25
Floater coffee	£3.50
Coffee	£2.25
Cappuccino	£3.20
Latte	£3.20
Espresso	£2.35
Hot chocolate	£2.95
De-caffeinated coffee	£2.25
Tea	£2.50
Fruit tea	£2.50

Vegetarian Dishes

Tagliatelle of the day	£10.50
Served with fresh mixed salad.	
Vegetable lasagne verdi	£10.50
Layers of pasta & ratatouille. Served with fresh mixed salad.	
Mushroom stroganoff	£10.50
Mushrooms & peppers in a creamy paprika sauce. Served with rice & salad.	

Side Dishes

French bread	£1.25
Side salad	£2.95
Garlic bread	£2.25
Coleslaw	£2.25
Cheesy garlic bread	£2.95
Two rounds of bread & butter	£0.75
Steakhouse chips	£2.95
Battered onion rings	£2.50

Prime Scottish Steaks (cooked to your preference)

All steaks are served with steak house chips & mushrooms, peas, grilled tomatoes or salad.

8 oz Fillet – prime middle cut	£23.95
8 oz Sirloin – lean & tender	£18.95
10 oz Ribeye	£20.95
Stilton steak	£19.95
Melted stilton on a juicy sirloin.	

Salads

Chicken supreme & bacon caesar	£12.50
Succulent chicken supreme, crispy bacon & creamy caesar dressing. Topped with parmesan & garlic croutons.	
Crayfish & prawn	£10.95
Large crayfish tails, atlantic peeled prawns, served with sweet chilli sauce.	

Please see our boards for Chef's Specials



Theydon Oak Old Favourites

- Home made steak & kidney pie** £10.50
Deep filled short crust pastry. Served with either chips or mash & fresh vegetables.
- Theydon oak house burger** £10.50
Homemade burger served to your liking on a brioche bun topped with lettuce, tomato, mustard mayo, house coleslaw & chips. Add; cheese £1.00, bacon £1.50, mushroom 60p
- Battered cod** £12.50
Served with steakhouse chips & peas.
- 10oz Gammon steak** £10.50
Thick cut gammon served with chips, peas & a choice of pineapple or egg.
- Calves liver and bacon** £13.95
Pan fried in sage butter with red onion gravy. Served on a bed of mash & fresh vegetables.
- Old Epping sausage, mash & onion gravy** £11.50
Served with peas.
- Ham, egg & chips** £9.95
Freshly carved ham, two eggs & steakhouse chips.
- Chicken dish of the day** £12.50
Ask server for choice.
- Marinated lamb shank** £14.95
Braised lamb with a red wine & redcurrant jus. Served on a bed of mash & fresh vegetables.
- Whole tail scampi** £10.50
Deep-fried scampi tails. Served with chips & peas.
- Fisherman's pie (may contain bones)** £11.95
Cod, salmon & smoked haddock cooked in a white wine and chive sauce topped with cheesy mashed potatoes. Served with fresh vegetables.
- Grilled Scottish salmon fillet** £12.50
Served with new potatoes and seasonal vegetables.



Starters

Prawn cocktail £7.25

Atlantic peeled prawns served on a bed of crispy iceberg lettuce.
Topped with marie rose sauce.

Garlic mushrooms £6.95

Mushrooms cooked in a creamy garlic sauce served with french bread.

Crispy chicken strips £6.95

Served with sweet chilli sauce.

Whole baked camembert £6.95

Served with red onion marmalade & french bread.

Salt & pepper calamari £7.50

Served with garlic mayonnaise.

Whitebait £6.95

With paprika mayonnaise.

Loaded skins £6.75

Potato skins with bacon and cheese served with sour cream.

Trio of smoked fish £7.95

Served with wholemeal bread & horseradish cream.

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Tel: 01992 572618 www.theydonoak.co.uk



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Manager Iain Moran and his team welcome you to the Theydon Oak Free House and Restaurant in Epping. Nestling in the heart of picturesque Epping Forest beside the ancient village of Coopersale the Theydon Oak is a grade 2 listed building. It has been standing on this spot for over four centuries. In more recent years it has been renowned far and wide for fine beers, excellent food and for an atmosphere that has to be experienced to be fully appreciated.

You will be immediately taken back by the sense of history that surrounds you. Exposed beams decorated with genuine horse brasses and antiques adorning every alcove. An inglenook fireplace that houses real log fires to welcome guests during the cold winter months. Areas of original brickwork laid down over 400 years can still be seen. You cannot fail to be enchanted by the rural charm. Festooned with flowering baskets and framed by mature trees of Epping Forest.

Naturally home cooked food remains the feature of our cuisine. This accompanied by a selection of the more exotic dishes guaranteed to satisfy even the most demanding palette. Fine wines, vintage champagnes and a large selection of malt whiskies are also an attribute to the restaurant.

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