



Desserts

British Cheese Board	£7.50
Lemon Sorbet Fruity & Tangy	£5.25
Movenpick luxury Ice Cream 3 Scoops Spectacular & Unusual Flavours. Flavours; Vanilla Strawberry Mint chocolate chip Chocolate Caramelita Rum and raisin White chocolate	£5.25
Treacle Sponge Pudding Served with choice of cream, custard or vanilla ice cream.	£5.25
Chocolate Sponge Pudding Served with choice of cream, custard or vanilla ice cream.	£5.25
Spotted Dick Pudding Served with choice of cream, custard or vanilla ice cream.	£5.25

Check The Specials Board For 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

Please inform a member of staff if you have any food allergies or intolerances.



Vegetarian Dishes

Tagliatelle Of The Day Served with fresh mixed salad.	£10.50
Vegetable Lasagne Verdi Layers of pasta and ratatouille. Served with fresh mixed salad.	£10.50
Mushroom Stroganoff Mushrooms and peppers in a creamy paprika sauce. Served with rice and salad.	£10.50

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

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Please note that a 10% discretionary service charge will be added to tables of 6 and over guests.



Prime Scottish Steaks

All steaks cooked to your preference. Served with steak house chips, mushrooms, peas and grilled tomatoes or salad.

8 oz Fillet – Prime Middle Cut	£23.95
8 oz Sirloin – Lean And Tender	£18.95
10 oz Ribeye Steak	£20.95
10 oz Stilton Steak Melted stilton on a juicy sirloin steak.	£19.95

Salads

Chicken Supreme And Bacon Caesar Succulent chicken, crispy bacon and creamy caesar dressing. Topped with Parmesan and garlic croutons.	£12.50
Crayfish And Prawn Large crayfish tails, Atlantic peeled prawns, served with sweet chilli sauce.	£10.95

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Please see our boards for Chef's Specials



Theydon Oak's Old Favourites

Home Made Steak and Kidney Pie	£10.50
Prime steak and kidney in a rich gravy cooked in a deep filled short crust pastry. Served with fresh vegetables and either chips or mash potatoes.	
Theydon Oak House Burger	£10.50
Homemade burger served to your liking on a brioche bun topped with lettuce, tomato, mustard mayo, house coleslaw and chips. Add; cheese £1.00, bacon £1.50, mushroom 60p	
Battered Cod	£12.50
Served with steakhouse chips and peas.	
10oz Gammon Steak	£10.50
Thick cut gammon served with chips, peas and a choice of pineapple or an egg.	
Calves Liver and Bacon	£13.95
Pan fried in sage butter, with red onion gravy. Served on a bed of mash and fresh vegetables.	
Old Epping Sausage, Mash and Onion Gravy	£11.50
Served with peas.	
Ham, Egg and Chips	£9.95
Freshly carved ham, two eggs and steakhouse chips.	
Chicken Dish Of The Day	£12.50
Please ask your server for choice.	
Marinated Lamb Shank	£14.95
Braised lamb with a red wine and redcurrant jus. Served on a bed of mash and fresh vegetables.	
Whole Tail Scampi	£10.50
Deep-fried scampi tails. Served with chips and peas.	
Fisherman's Pie	£11.95
Cod, salmon and smoked haddock cooked in a white wine and chive sauce topped cheesy mashed potatoes. Served with fresh vegetables. (May contain bones)	
Grilled Scottish Salmon	£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 and french bread.	
Salt and 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 and horseradish cream.	

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THEYDON OAK

Dining & Pub



Tel: 01992 572618 **www.thetheydonoak.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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