

STEAK and Old Favourites

SIZZLED BEEF STEAKS

All our meats and fish are locally sourced whenever possible

English Beef Rump Steak

Although a prime cut, it is usually cheaper than fillet or sirloin because it's not quite as tender. Considered by many to have a far superior flavour to that of sirloin or fillet. It is also known as a Spencer Steak it is a true grilling steak. £10.95

English Beef Sirloin Steak

The sirloin steak is a steak cut from the rear back portion of the animal, a prime cut of meat, ours are always deliciously tender with just enough fat for flavour. According to legend, the name sirloin comes from English king Henry VIII who so loved the steak that he dubbed it "Sir Loin." £13.95

English Beef Rib Eye Steak

The rib eye or ribeye, also known as the Scotch fillet (in Australia and New Zealand), is a beef steak from the rib section. It is usually interlaced with little lines of fat that is why it is thought of as the most tasty of the beef steaks. £13.95

English Beef Fillet Steak

The fillet is the most tender cut of beef, and is the most expensive. The average cow provides no more than 4-6 pounds of fillet. Because the muscle is not weight-bearing, it contains less connective tissue, which makes it tender. One of the prime cuts. Has little fat and is very tender, we'll give you a steak knife but you won't need it. £19.95

English Beef T-Bone

Due to their large size and the fact that it contains meat from two of the most prized cuts of beef (the fillet and the sirloin), T-bone steaks are generally considered one of the finest steaks £21.95

OTHER SIZZLED STEAKS

Leg of Lamb Steak

Our sizzled lamb recipe features a thick steak cut from the leg, first marinated, then sizzled, and then topped with a simple but memorable minted honey glaze that really enhances the lamb's rich flavour. £9.95

Fresh Tuna Steak

Our sizzled Tuna recipe features a thick Tuna steak seasoned with our magic seasoning and seared in butter, served rare to melt in your mouth £9.95

Sizzled Breast of Chicken

Our chicken breast is sizzled in butter until it is succulent and then finished in our "house" barbecue sauce £8.95

ALL OUR SIZZLED STEAKS COME WITH...

beer battered onions, breaded garlic mushrooms and home fries or jacket potatoes.

THE FOX AND DUCK

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www.thefoxandduck.co.uk*

OLD FAVOURITES

Honey and Mustard Roasted Whole Ham Hock

served on a bed of garden peas and gravy and served with "home" chunky fries or a jacket potato £10.95

Griddled Gammon and Eggs

succulent gammon steak served with 2 eggs, sunny side up, and "home" chunky fries £9.95

Lager Battered, Line Caught, Haddock

served with "home" fries and a salad garnish £10.95

Sizzled Chicken Caesar Salad

Our own Caesar Salad topped with Succulent Sizzled Chicken Breast. £10.95

CHEF'S STEAK SAUCES

speciality sauces to go with your steak

Mushroom and Sherry

with a touch of grain mustard and cream, it goes with any steak beautifully. £2.50

Black Peppercorn

the classic pepper sauce, perfect with a fillet £2.50

ON THE SIDE

Garden Peas £1.50

Side Salad £2.50

Fresh Tomatoes £1.50