



# Sit Down Function Menus

## 2025

At Frinton Golf Club we cater for all types of functions. We have created a package of menus for you to consider, which can be tailored to suit your own requirements, budget, event etc.

**When creating your own menu, we ask you please to keep your choices to no more than three different dishes per course. This can be discussed with you when arranging your booking.**

Menus must be approved by James before you send them out. We are happy to meet with you to discuss your choices, ideas or any other details about your event. Once finalised, we can type up your menu and supply you with printed and electronic versions.

We also have a selection of other menus available for any event: Breakfasts, buffets, bbqs, canapes, and bowl food. We also pride ourselves on providing a sympathetic and hassle-free service at funeral/wakes.

**If you have any queries, please don't hesitate to contact us. All prices are per person and include vat.**

- We require final numbers seven days prior to your event.
- Any cancellations made 72-24 hours prior to your event will be charged at 50% of the food cost per person.
- Any cancellations made in the final 24 hours prior to your event will be charged at 100% of the food cost per person.
- Staffing charges may be incurred for certain functions, but the client will be informed prior to the event.
- Due to the current climate of price increases, we hold the right to adjust our prices, these are subject to change at any time.

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Please Inform us of any food allergens/dietary requirements when booking.

# STARTERS

## Soups £ 7.00

All Served with Warm Bread and Butter

(Bread and Butter can be exchanged for Ham and Cheese Toasties or Croissants or Rarebit Topped Crumpets For an extra £1)

Roasted Root Vegetable, Potato & Leek, Minted Pea & Crème Fraiche, Tomato & Basil,  
Creamy Garlic Mushroom, Carrot & Coriander, Lightly Curried Parsnip & Apple

## Soups £8.00

French Onion with Cheddar Cheese Croute, Cock a Leekie, with a Rarebit Crumpet  
Smoked Haddock & Sweetcorn Chowder Rustic Bread & Butter,  
Classic Oxtail, Rustic Bread & Butter, Pea & Ham, Croque Monsieur,  
Butternut Squash, Chilli & Crème Fraîche with Cheddar Croissant

## Meat Starters

Our Chicken Liver & Orange Pate Pickled Salad, Red Onion Marmalade & Cobber Croutes **£8.50**

Our Duck Liver & Port Parfait, Dressed Leaves, Chilli Jam & Toasted Brioche **£9.00**

Egg Benedict with our Signature Ham and Sweet Mustard Hollandaise Sauce **£9.00**

Tandoori Chicken, Chargrilled Pineapple and Crispy Green Salad, Riata Dressing **£9.50**

Asian Hoi Sin Roast Duck Salad, Crispy Wontons **£10.00**

Roast Chicken and Parmesan Caesar Salad **£8.50**

Slow Cooked Ham Hock Terrine, Apple Chutney, Fruit Bread Toast **£9.00**

Truffle Dressed Shredded Roast Beef, Rocket and Parmesan Topped Mature Cheddar Tartlet **£9.50**

Lamb Koftas on Onion Hummus, Blushed Tomatoes & Feta Salad with Mint Yogurt Dressing **£9.00**

Duck Confit, Onion Marmalade, Salad and Toasted Brioche **£9.50**

Smoked Chicken, Mango, Pickled Pink Onion & Pearl Pepper Salad Brioche Croutons **£9.50**

Ham & Cheese Croquettes on an Nduja Tomato Sauce **£9.00**

Bang Bang Peanut Chicken Salad with Crispy Noodles **£9.00**

English Breakfast Salad **£10.00**

Mixed Leaves, Mini Sausages, Cherry Tomatoes, Fried Bread, Crisp Potato, Mushrooms & Bacon, Ketchup Dressing, Poached Egg

## Fish Starters

Smoked Salmon & Dill Cream Cheese Mousse, Mini Cobber Croutes **£9.00**

Smoked Mackerel, Apple and Celeriac Pate, Pickled Cucumber & Sourdough Toast **£8.50**

Kipper Pate Citrus Salad and Melba toast **£8.00**

Herb Breaded Cod Plank on Crispy Potatoes, Blushed Tomatoes & Tartare Sauce Our Way **£9.00**

Soused Herrings (Rollmops) on Potato Rosti, Leaf Salad & Chive Sour Cream **£8.50**

Our Traditional Prawn Cocktail with Mini Hovis Loaf **£9.50**

Scampi, Parmesan & Anchovy Caesar Salad **£9.00**

Seared Lemon and Herb Tuna & Parmesan Caesar Salad **£9.00**

Thai Fishcake, Peanut Noddle Salad, Sweet Chili and Lime Dressing **£9.00**

Poached Salmon, Sour Cream & Spring Onion Remoulade, Sweet Mustard Potato & Sourdough **£9.00**

Smoked Haddock and Creamy Leek Fishcake topped with Poached Egg and Hollandaise **£9.50**

Lightly Curried King Prawns, Compressed Watermelon, Crispy Marsala Onion **£10.00**

Prawn, Pea & Mint Arancini Risotto Balls on Marie Rose Salad **£9.00**

Smoked Haddock, Cheddar & Leek Arancini Risotto Balls on Tomato & Basil Sauce.  
**£9.00**

Smoked Salmon, Smashed Avocado, Pickled Beetroot & Cucumber and Sour Cream Croute **£9.50**

Fritto Misto with Tartare Dip **£9.00**

Cod Fillet, Squid, Scampi & Anchovy in Crispy Beer Batter

Smoked Haddock Benedict **£10.00**

Poached Smoked Haddock Fillet, Buttered Spinach, Toasted Muffin topped with a Poached Egg and Rich Hollandaise Sauce

## Vegetarian/Vegan Starters

Melon and Fresh Fruit Platter with Sorbet **£8.00**

Chargrilled Mediterranean Vegetables, Halloumi Basil and Balsamic Dressed Sourdough Croute **£8.50**

Creamy Cheddar & Garlic Mushrooms on Toasted Brioche **£8.00**

Grilled Goat's Cheese, Roasted Maple & Balsamic Beetroot, Rocket Salad **£8.50**

Wild Mushroom Arancini, on a bed of Creamed Leeks **£8.50**

Creamy Leek and Cheddar Tartlet, Sweet Mustard and Walnut Salad **£8.50**

Rarebit Topped Field Mushroom, on Pea and Mustard Salad with Tomato Jam **£8.50**

Chilli Tofu Peanut Bang Bang Salad **£8.50**

Breaded Camembert with Cranberry & Onion Chutney and Chefs Salad **£8.00**

# MAIN COURSE

All Main Courses Come with Seasonal Vegetables or Salad

## Meat Main Courses

### Classics

3 Cumberland Sausage Toad in the Hole, Wholegrain Mustard Mash, Rich Onion Gravy **£14.50**

Rich Red Wine Beef Lasagna with Garlic Ciabatta & Salad **£15.00**

Our Signature, Honey & Mustard Glazed Ham on  
Bubble and Squeak Potato with a Sweet Mustard and Parsley Cream Sauce **£14.50**

1/4lb Beef Burger Bacon, Cheddar, Onion Rings & BBQ Sauce, with Chunky Chips & Slaw **£15.50**

Hunters Chicken, Bacon and Cheese, Crispy Herb Potatoes, Chefs Salad **£16.00**

Red Wine Chicken Chasseur, Herb Dumplings & Creamy Mash **£17.00**

Minted Mash Topped Shepherd's Pie, Red Currant Gravy **£17.00**

Creamy Chicken, Ham & Leek Puff Pastry Filled Giant Vol au Vent, Roasted New Potatoes **£16.50**

Cheddar Encrusted Slow Cooked Red Wine Braised Cottage Pie **£15.00**

Beef Bourguignonne, Button Onion, Mushroom & Bacon Crisp & Buttery Champ Potato **£17.50**

Chicken Tikka Masala with Coconut Basmati Rice, Mini Naan & Samosa **£16.00**

### Our Specialities

Panko Chicken Breast, with Katsu Sauce on a Bed of Herb Rice, Bok Choy & Kimchi **£17.00**

Chargrilled Lemon Thyme Marinated Chicken Breast, Muddled Potatoes, Warm Green Bean and  
Rocket Salad, Tomato Salsa and Herb Butter Sauce **£17.00**

Mango and Garam Glazed Chicken Breast, Muddled Potatoes, Lightly Curried Coconut Sauce **£16.50**

Chicken Forestiere, (Mushroom, Button Onion & Bacon Jus) Thyme Roasted New Potatoes **£17.00**

Crispy Roast Porchetta with Apple Ecrasee Potato and a Creamy Cider & Mustard Sauce **£16.50**

Steak & Adnams Ale Deep Filled Shortcrust Pie, Roasted Thyme New Potatoes & Gravy **£18.50**

Bacon Wrapped Pork Fillet, Dauphinoise Potato, Wholegrain Mustard & Sage Cream Sauce **£19.00**

Rich Red Wine Beef Cheek, Celeriac Mash, Smoked Bacon Crisp, Braised Carrot **£21.00**

Lamb Navarin, Rosemary & Garlic Dumplings, Minted Buttered New Potatoes **£19.00**

# MAIN COURSE CONTINUED

## A Little Luxury

### Cornfed Chicken Breast

Roast Lamb Rump on a Bed of Ratatouille, Dauphinoise Potato, and Red Wine Jus **£24.00**

Suffolk Pork Three Ways, Roast Belly, Pork Fillet, Slow Cooked Shoulder Bon bon,  
Fondant Potato, Creamed Leeks, Parsnip Crisp, Aspalls Cider Jus **£23.00**

Duo of Lamb, Roast Best End, Braised Leg Croquette, Pea Puree,  
Sweet Potato Dauphinoise, Red Currant and Rosemary Jus **£26.50**

Duck Two Ways, Pan Fried Duck Breast and Confiture Duck Leg Bon bon  
with Sweet Potato Puree, and Sour Cherry Jus **£23.00**

Our Honey Seared Duck Breast Creamed Leek with Latkes Potato and Plum Jus **£23.50**

Beef Wellington: Beef Fillet, Mushroom Duxelle, Chicken Liver Pate,  
Spinach & Crepes wrapped in Puff Pastry, Potato Dauphinoise, Red Wine & Thyme Jus **£33.00**

## Char-grilled Steaks

8oz Rump Steak, Garlic Baked Tomato and Button Mushrooms, Chunky Chips and Peas **£18**

8oz Sirloin Steak, Garlic Baked Tomato & Field Mushroom with Wilted Spinach **£26**

8oz Rib Eye Steak, Béarnaise Sauce, French Green Bean Lyonnaise **£28**

7 oz Fillet of Beef, Rosti Potato, Spinach, Roast Garlic & Wild Mushroom Jus **£32**

(Potato alternatives)

Crispy Herb Potatoes, Hassleback Potato, Potato Lyonnaise, Latke or Rosti Potato & Dauphinoise

Sauces can be discussed with you at time of choosing. Prices are a guide and will be arranged with you booking

## Plated Roast Main Courses

Roast Turkey Breast, Chunky Pig in Blanket, Sage & Onion Stuffing Ball, Roast Potatoes, Gravy **£17.00**

Roast Chicken Breast, Chunky Pig in Blanket, Sage & Onion Stuffing Ball, Roast Potatoes, Gravy **£17.50**

Roast Pork Loin or Belly, Roast Potatoes, Stuffing Ball, Baked Apple, Crackling & Cider Gravy **£18.00**

Roast Rump of Beef, Roast Potatoes, Yorkshire Pudding, Red Wine Beef Gravy **£19**

Roast Lamb Leg, Roast Potatoes, Mint and Red Currant Gravy **£19.00**

Roast Sirloin of Beef, Roast Potatoes, Yorkshire Pudding, Red Wine Beef Gravy **£23**

All Roast Main Courses come with a Selection of Seasonal Vegetables served Family Service Style

(Roast Main Courses require a minimum of eight people per type of Roast)

## Carvery Main Course

If you would like a carvery meal, it must be taken by the whole group attending,  
(Minimum numbers of 25 guests required)

The number of people you have attending, will determine how many choices of meat you can have.

Two, Three or Four choices from:

Roast Rump of Beef, Roast Pork Loin, Honey Roast Ham, Roast Turkey,  
Individual Roast Chicken Breasts and Roast Lamb Leg. Plus accompaniments.

(Fish eaters and vegetarians will be catered for separately)

The carvery will consist of: Roast Meats, Roast Potatoes, a Selection of Seasonal Vegetable Dishes  
(Crackling, Yorkshire Puddings, Pigs in Blankets and Stuffing. Dependent on meat chosen.)

**Carvery Main Course start from: £19.00 a person**

## Fish Main Courses

Crispy Beer Battered or Lemon & Herb Breaded Cod & Chunky Chips with Peas,  
Tartare Sauce **£13- £18 (Dependent on size)**

Roast Cod Loin, Balsamic and Sea Salt Crispy Potatoes with Warm Tartare Sauce Our Way **£16.50**

Smoked Haddock, Spring Onion & Cheddar Fishcake with Poached Egg & Hollandaise Sauce **£15.50**

Cod, Dill & Caper Fishcake, Herb Butter Sauce **£15.00**

English Fish Pie, Parsley & Cheddar Mash Top **£15.00**

(Cod, Smoked Haddock, Prawn & Salmon)

Katsu Hake Fillet with Katsu Curry Sauce, Jasmine Rice & Bok Choy **£15.50**

Salmon Fillet Strudel, Filled with Chive Cream Cheese, Wrapped in Filo Pastry,  
served with Fish Cream Sauce, Herb Buttered New Potatoes **£17.00**

Baked Parma Ham Wrapped Cod Loin, Chorizo Mash, Tomato and Basil Sauce **£17.00**

Poached Smoked Haddock Fillet, Whole Grain Mustard and Leek Potato Cake,  
Poached Egg Hollandaise Sauce **£17.50**

Poached Salmon Fillet, White Wine & Asparagus Fish Cream Sauce, Buttered New Potatoes **£17.00**

Pan Fried Sea Bass Fillet on Crab & Caper Souffle Potato, Vanilla Cream Sauce & Tomato Jam **£18.00**

Sea Bass Fillet on a Dill & Shallot Crushed Olive Oil Potato, Shellfish & Saffron Sauce **£19.00**

Teriyaki Glazed Tuna Steak, Vegetable Stir Fry Noodles, Soy & Honey Dressing **£18**

Seafood, Saffron & Chorizo Paella with Salad Selection **£17.50**

Sea Bass Fillet On Greek Salad with Honey Dressed Warm New Potatoes **£17.00**

Turbot with Bacon Braised Cabbage, Panko Oysters and a Celeriac Veloute **£ market Price**

**All Main Courses Come with Seasonal Vegetables**

# MAIN COURSE CONTINUED

## Vegetarian/Vegan Main Courses

Vegetable & Quorn Chilli, Rice, Sour Cream and Tortillas **£14.50**

Date & Two Nut Roast with Wild Mushrooms, Roast Potatoes, & Vegan Red Wine Gravy Vegan **£16**

Mediterranean Veg and Mozzarella Strudel, Tomato and Basil Sauce, Parmentier Potatoes **£16**

Wild Mushroom, Squash, Herb and White Wine Fricassee with Tarragon Rice **£15.50**

Quorn Ragu and Roasted Vegetable Lasagne, Garlic Bread, Kitchen Salad **£15**

Sweet Potato, Spinach and Feta Filo Pie with Smoked Paprika Roasted New Potatoes **£16**

Sweet Potato, Cauliflower, Chickpea and Pepper, Thai Coconut Curry, Rice & Coriander Naan **£15.50**

Butternut Squash, Sage & Wild Mushroom Risotto **£16.00**

Pea, Mint & Cream Cheese Risotto **£15.00**

Stuffed Aubergine, Courgette, Beans, Roast Pepper & Vegan Cheese with Tomato Compote Vegan **£15**

Plant Based Burger with Field mushroom, Vegan Cheese and Onion Rings with Skinny Fries Vegan **£15**

**All Main Courses Come with Seasonal Vegetables**

# DESSERTS

## Desserts

£8.00

3 Scoop Handmade Yorvale Real Dairy English Ice Cream Selection with Chocolate Wafer Cigars  
Chocolate Flake and Toppings

**Choice of:** Vanilla, Chocolate Croissant or Marmalade Bread & Butter Pudding with Ice Cream

Steamed Sponge Pudding: Choice of: Jam, Chocolate or Syrup) with Custard & Ice Cream

Fresh Fruit Salad, Wafer Basket with Ice Cream of your choice and Red Berry Coulis

Classic Fruit Crumble: Choice of Apple, Apple & Rhubarb Custard & Ice Cream

Lemon Posset, Amoretti Crust and Shortbread

## Desserts

£8.50

Baked New York Cheesecake Topped with

Choice of: Lemon Curd and Raspberry/Biscoff/Toffee & Banana/Pimms Fruit/Sour Cherry Black Forest)

Our Treacle Tart, Rhubarb Ice Cream, Sauce Anglaise

Crème Brulee and Shortbread Biscuit

Choice of: Vanilla/Banana/Raspberry/Blueberry and Maple/Chocolate)

Caramelised Tart Citron, Raspberry Sorbet, Coulis & Fresh Raspberries

Our Red Berry Compote or Exotic Fruit Pavlova Pillows

Your Choice of Classic Trifle

(Traditional Sherry/Black Forest/Exotic Fruit & Coconut/Mint Chocolate/White Chocolate & Raspberry)

Sticky Toffee Pudding, Butterscotch Sauce with Clotted Cream Ice Cream

"Our Favourite" Malva Pudding with Pouring Cream & Ice Cream

Warm Belgium Waffle, Fresh Banana & Banoffee Ice Cream, Butterscotch Sauce and Fudge

Our Gooey Chocolate Brownie: Can Be flavoured & Matching Ice Cream

**Choice of:** Mint Choc Chip, Chocolate, Honeycomb, Chocolate Orange Or Raspberry Ice Cream,  
Warm Chocolate Fudge Sauce

Apple Crumble Topped Tartlet, Rhubarb Ice Cream & Sauce Anglaise

Profiteroles with Ice Cream or Whipped Cream, Warm Dark Chocolate Sauce

Our Delicate Fresh Cream filled Sponge Roulade **Choice of flavours:**

(Double Chocolate/ Strawberry, Raspberry & Lemon Curd/Banana and Toffee or Black Forest)

Lemon Meringue Pie with Raspberry Sorbet & Coulis



## Desserts

**£9.00**

Hot Chocolate Fondant with Raspberry Sorbet  
Millionaire Chocolate & Salted Caramel Tart, Crushed Berry Cream, Coulis  
Classic Tiramisu

## Desserts

**£9.50**

A Trio or Duo of Desserts of your Choice from the List Above or Any Favourites You May Have.  
(This option is two or three smaller versions of your favourite desserts the choices must be discussed prior with James)

## Tasting Plate

A Dessert Plate where all Parts of the Dessert are Following a Theme with Different Textures & Flavours

Choice of:

Citrus/Caramel/Peanut Butter/Afternoon Tea/Berry/Chocolate or one of your own ideas.

## Cheese and Biscuits

Mature Cheddar, Brie, Goats & Blue Cheese Biscuits, Grapes & Chutney **£8.50**

Mature Cheddar, Wensleydale, Brie, Blue & Goats Cheese Biscuits, Grapes, Apple Chutney **£9.00**

Luxury Four Hand Picked English Cheeses

Luxury Cheese Biscuits, Grapes, Celery, Chilli Jam & Apple Chutney **£10.00**

A half portion of cheese can be added as an extra course after your dessert  
and placed on a board in the middle of the table (per person) **£5.50**

### Please Note:

The half portion of cheese option can only be taken  
if you are adding it after a dessert on your menu.

## Tea and Coffee

Tea and Coffee are available after your meal **£2.00 per head**

Tea and Coffee are available after your meal with Chocolates **£4.00 per head**