

20%  
off for  
takeaway  
food

## Breakfast

Served Tuesday to Sunday, 9.00 to 11.00

Made using quality local meats and free range eggs.

Our breakfasts are cooked fresh to order and may take up to 30 minutes.

Please note the kitchen is unable to make changes to the breakfast menu

### The Farmers Breakfast (gf available)

#### Large

2 best pork sausages,  
2 slices smoked back bacon,  
2 free range eggs

(poached, scrambled or fried),

Grilled tomatoes,  
Baked beans in tomato sauce,  
Pan fried field mushrooms

Granary, white or gluten free toast

£10.95

Or Small £6.95

### The Garden Breakfast (v)(vg)(gf)

#### Large

2 vegan sausages,  
2 hash browns,  
Grilled tomatoes,  
Baked beans in tomato sauce,  
Pan fried field mushrooms

Choose from  
2 free range eggs (v)  
(poached, scrambled or fried)  
or avocado (vg)

Granary, white or gluten free toast

£10.95

Or Small £6.95

### Light Breakfast

Greek yogurt (v)  
With honey or syrup

£3.95

With homemade granola

£4.95

### Breakfast Baps

One item £3.95

Two items £4.50

Smoked back bacon

Fried egg (v)

Best pork sausage

Vegan sausage (v)(vg)

Or

Avocado, mushroom,  
spinach & tomato salsa (v)(vg)

£4.50

### Breakfast Options

Toast with butter or spread (v)(vg)  
£1.80

Toast with homemade jam,  
marmalade or honey (v)(vg)  
£2.25

Eggs (v)

Poached, scrambled or fried  
£1.95

Crushed avocado (v)(vg)  
£1.95

King cured smoked salmon  
£3.50

## Open Sandwiches

Served Tuesday to Saturday  
11.30 to 2.30

Served on rye bread (gf available)

One small £4.50

Two small £8.50

Can't decide, why not try two?  
Or one with a side

### Smoked Salmon

Smoked king cured salmon,  
avocado, lime, chilli flakes

### Prawns

North Atlantic prawns, free range eggs,  
dill mayonnaise, capers

### Smoked Salmon & Cream Cheese

Smoked king cured salmon, cream cheese,  
soused cucumbers, fresh chives

### Beef

Pink tenderloin, horseradish mayonnaise,  
crispy onions, radish slices

### Goats Cheese (v)

Homemade beetroot houmous,  
creamy goats cheese, walnuts, date syrup  
Allergen contains sesame seed

### Vegan (v)(vg)

Avocado, chick peas, cucumber,  
radishes, toasted mixed seeds

### Cheddar (v)

Mature cheddar cheese, red onion  
marmalade, crispy onions

### Traditional Sandwiches

Above fillings are available as a  
traditional sandwich on white,  
granary or gluten free bread.  
Served with a salad garnish &  
vegetable crisps

£7.95

## Savouries

Served Tuesday to Sunday  
9.00 to 5.00

Made using our family farmed pork  
& Suffolk free range eggs

### Sausage Roll

Served warm

Homemade with sage & onion  
wrapped in puff pastry.

Served with onion marmalade

£4.25

### Scotch Egg

Homemade with fresh sage & onion.  
Served with homemade piccalilli

£4.25

## Sides

### Chips (v)

Hand cut & triple cooked £3.50

### Salad (v)(vg)

Mixed garden £4.00

## Children's

Served Tuesday to Sunday  
12 to 2.30

### Mini Fish & Chips

Small fillet of fish served  
with hand cut chips & beans

£5.95

### Sausage & Chips

One sausage served with  
hand cut chips & beans

£5.95

## Hot Lunches

Served Tuesday to Sunday  
12.00 to 2.30

### Soup of the day

Please ask for today's special.

Served with a savoury scone

£5.95

## Daily Specials

Please see today's choice of specials

### Fish & Chips

Fish of the day in a  
Nethergate craft lager batter  
with hand cut chips, peas &  
homemade tartare sauce

£12.95

## Desserts

Please see today's choice of specials

### Homemade Ice-cream (v)

Please ask us for today's  
selection of flavours

£3.95

## Cakes & Biscuits

Served Tuesday to Sunday  
9.00 to 5.00

All handmade in house

### Our Favourites

Nordic cinnamon bun (v) £2.75

Lemon polenta cake (v, gf) £3.85

Tropical carrot cake (v) £3.85

Tia Maria fruit cake (v) £3.85

Chocolate caramel brownie  
(v, nut free) £3.25

Mixed fruit, nut & seed  
oat flapjack (vg, gf) £3.25

Double chocolate biscuit (v)

Ginger, apricot & cashew nut cookie (v)

£1.50 each

### Cakes of the day

Please ask for today's selection.

£3.85

## Scones

Served Tuesday to Sunday  
9.00 to 5.00

### Cheese Scone (v)

With butter £3.00

With cream cheese & chilli jam £3.80

### Fruit Scone (v)

With butter £3.00

With jam & clotted cream £3.80

### Sunday Roast

Served Sunday, 12 to 2.30

1 course £14.95

2 courses £19.95

3 courses £24.95

(Takeaway not available)

## Hot Drinks

We source our freshly roasted coffee from a family run artisan coffee roaster here in Suffolk

### Espresso

Single **£1.80** Double **£2.50**

### Espresso Macchiato

Single **£1.80** Double **£2.50**

### Americano

**£2.75**

### Cappuccino

**£2.90**

### Latte

**£2.90**

### Flat White

**£2.90**

### Mocha

**£3.00**

### Luxury Italian Dark or White Hot Chocolate

Available as GF and Dairy free

**£2.90**

### Chai Latte

A balance of Indian spices & sweet black tea, frothed with silky milk

**£2.90**

### Luxury Loose Leaf Tea

English breakfast, de-caff, Earl grey, Egyptian mint, Green gunpowder, Jasmine, Summer or Winter berries

**£2.50 each**

### Takeaway hot drinks

Regular **£2.40** Large **£2.95**

## Additions

Marshmallows, Cream,  
Naturally flavoured syrups,  
Alternative dairy free milk

**50p each**

## Milkshakes & Frappé

Served in a plastic free,  
compostable cup & straw

### Milkshake (gf)

Banana, Chocolate,  
Strawberry or Vanilla

**£2.50**

### Frappé (gf)

Made with our own espresso  
Available as a de-caff option

**£3.00**

## Soft Drinks

### Belu Mineral Water

Still or Sparkling

330ml **£2.00** 500ml **£3.50**

### Breckland Orchard

Cloudy lemonade, elderflower,  
ginger beer with chilli or plum & cherry

275ml **£2.60**

### Coca-Cola

Glass bottle

300ml **£2.30**

### Coca-Cola Zero

Glass bottle

300ml **£2.30**

### Barn Farm Drinks

Apple, orange or strawberry  
& apple juice

330ml **£2.60**

### Belvoir Cordial

Blackcurrant, elderflower  
or orange

**£2.60**

## Beer

### Nethergate

Suffolk County **4.0%ABV**

Old Growler **5.5%ABV**

Venture **4.0%ABV**

500ml **£3.95**

Craft Lager **4.5%ABV**

330ml **£3.50**

Venture Point 5 **0.5%ABV**

500ml **£3.50**

## Cider

### Aspalls

Dry Premier Cru **6.8%ABV**

Draught **5.5%ABV**

330ml **£4.95**

## Local Spirits

### Suffolk Distillery Gin

Suffolk dry **43%ABV**

Mandarin & cranberry **43%ABV**

Strawberry & cucumber **43%ABV**

Rhubarb **43%ABV**

25ml **£2.50**

### Suffolk Distillery Vodka

Blueberry & vanilla **28%ABV**

Salted caramel **28%ABV**

Coconut **28%ABV**

25ml **£2.50**

### Suffolk Distillery Rum

Spiced rum with chocolate **40%ABV**

50ml **£4.50**

## Tonics & Mixers

### Fever Tree

Indian tonic, Light tonic,  
Ginger ale, Lemonade

200ml **£2.00**

## Sprits, Liquors & Whisky

Baileys **17%ABV**

50ml **£2.90**

Brandy **38%ABV**

25ml **£2.80**

Bacardi **37.5%ABV**

25ml **£2.85**

Tia Maria **20%ABV**

25ml **£2.80**

Famous Grouse **40%ABV**

25ml **£2.80**

## Rosé

### Pinot Grigio Blush 2019 Allamanda (Italy)

Fresh, Lively & off dry this  
is a delightful, gentle pink,  
Italian charmer

125ml 175ml 250ml Bottle  
**£3.95 £4.95 £6.50 £19.50**

## White Wines

### Pinot Grigio 2019 Allamanda (Italy)

Fine, fresh & elegant with depth

125ml 175ml 250ml Bottle  
**£3.95 £4.95 £6.50 £19.50**

### Chardonnay Sihouette 2019 Andrew Peace (Australia)

Fresh & aromatic with tropical flavours

125ml 175ml 250ml Bottle  
**£4.95 £5.95 £7.50 £21.00**

### Sauvignon Blanc 2020 Marlborough (New Zealand)

Citrus and fresh herb aromas

125ml 175ml 250ml Bottle  
**£5.95 £6.50 £7.95 £24.00**

## Red Wines

### Merlot 2019 Los Tres Curas (Chile)

Elegant Merlot with a pleasing finish

125ml 175ml 250ml Bottle  
**£3.95 £4.95 £6.50 £19.50**

### Shiraz Sihouette 2019 Andrew Peace (Australia)

Robust Shiraz with blackcurrant fruit

125ml 175ml 250ml Bottle  
**£3.95 £4.95 £6.50 £19.50**

### Malbac 2019 Vista Sierra, Mendoza (Argentina)

Ripe, gently spicy fruit.

125ml 175ml 250ml Bottle  
**£5.50 £6.50 £7.95 £22.50**

## Champagne

### Champagne Gruet Selection Brut

Elegant & refined family produce  
champagne with a smooth  
combination of maturity & freshness

375ml Bottle  
**£19.50 £39.00**

## Prosecco

### Prosecco Lunetta Brut NV (Italy)

Aromatic, tropical & brightly sparkling

200ml Bottle  
**£6.95 £23.50**

### Rosé Lunetta NV (Italy)

Vibrant & delicate sparkling rosé

200ml Bottle  
**£6.95 £23.50**

## NHS Test & Trace

Every guest is  
required to scan  
the NHS  
COVID-19 app  
or provide their  
contact details

**Thank you**



## Wi-Fi Login

Please feel free to login to  
free Wi-Fi whilst using the cafe

**Network ID: Free Wifi**

**Password: freewifi**