

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, our small kitchen team are unable to make swaps or substitute items on the breakfast menu. Thank you

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 or gluten free toast

£11.50

Or Small £8.50

The Garden Breakfast (v) or (vg)

Large

2 vegan sausages,
2 hash browns (gf),
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 or gluten free toast

£11.50

Or Small £8.50

Light Breakfast

Greek yogurt (v)
With honey or syrup

£3.95

With homemade granola

£4.95

Breakfast Baps

One item £4.95

Two items £5.50

Suffolk smoked back bacon

Suffolk free range fried egg

Essex best pork sausage

Vegan sausage (v)(vg)

Or

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

£4.95

Toast with...

Homemade jam,
marmalade or honey (v)(vg)

£2.50

Crushed ripe avocado (v)(vg)

£3.95

Poached free range Suffolk Eggs (v)

£4.95

King cured smoked salmon & Suffolk
free range poached eggs

£8.50

Granary or gluten free toast

Open Sandwiches

Served Tuesday to Saturday
11.30 to 2.30

Served on rye bread (gf available)

**Light bites, best enjoyed with
a side. Or why not try two?**

£4.95 each

Beef

Pink tenderloin, horseradish mayonnaise,
crispy onions, radish slices

Smoked Chicken

Smoked chicken, Suffolk free range egg,
lightly spiced coronation sauce, pineapple,
fresh coriander & crispy onions

Smoked Salmon

Smoked king cured salmon,
avocado, lime, chilli flakes

Prawns

North Atlantic prawns, free range eggs,
dill mayonnaise, capers. (Contains dairy)

Feta Cheese (v)

Homemade beetroot houmous,
feta cheese, sundried tomatoes, pine nuts
& date syrup. (Contains sesame seeds)

Cheddar (v)

Mature cheddar cheese, red onion
marmalade, crispy onions

Vegan (v)(vg)

Avocado, chick peas, marinated
vegetables, sundried tomatoes & seeds

Traditional Sandwiches

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

£8.95

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

£4.95

Scotch Egg

Homemade with fresh sage & onion.
Served with homemade piccalilli

£4.95

Sides

Served Tuesday to Sunday
12 to 2.30

Chips (v)

Hand cut & triple cooked **£3.75**

Salad (v)(vg)

Mixed garden **£3.50**

Vegetable crisps (v)(gf) £1.95

Children's

Served Tuesday to Sunday
12 to 2.30

Fish Finger & Chips

Jumbo fish finger 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

£6.50

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

£14.95

Or Small **£10.95**

Desserts

Please see today's choice of specials

Ice cream & Sorbet (v)

Please ask us for today's
selection of homemade flavours

1 scoop £1.50

2 scoops £2.50

3 scoops £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) **£3.95**

Tropical carrot cake (v) **£3.95**

Tia Maria fruit cake (v) **£3.95**

Chocolate caramel brownie
(v, nut free) **£3.50**

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.

£3.95

Scones

Served Tuesday to Sunday
9.00 to 5.00

Cheese Scone (v)

With butter **£3.00**

With cream cheese & chilli jam **£3.95**

Fruit Scone (v)

With butter **£3.00**

With jam & clotted cream **£3.95**

Sunday Roast

Served Sunday, 12 to 2.30

1 course £16.00

2 courses £22.00

3 courses £28.00

(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

£2.80

Cappuccino

£2.95

Latte

£2.95

Flat White

£2.95

Mocha

£2.95

Luxury Italian Dark or White Hot Chocolate

Available as GF and Dairy free

£2.95

Chai Latte

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

£2.95

Luxury Loose Leaf Tea

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

£2.80 each

Takeaway hot drinks

Regular **£2.50** Large **£2.95**

Additions

Marshmallows, Cream, Alternative dairy free milk.

Syrups:

Vanilla, Chocolate, Hazlenut, CBD, Gingerbread, Salted Caramel, Burnt Marhmallow, Cinnamon, Peppermint, Eggnog.

50p each

Milkshakes & Frappé

Served in a plastic free, compostable cup & straw

Milkshake (gf)

Banana, Chocolate, Strawberry or Vanilla

£2.75

Frappé Latte (gf)

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

£3.00

Sticky Toffee Frappé

Made with real toffee, brazilian coffee & chocolate

£3.00

Soft Drinks

Belu Mineral Water

Still or Sparkling

330ml **£2.00** 750ml **£3.50**

Breckland Orchard

Cloudy lemonade, elderflower, strawberry & rhubarb or ginger beer with chilli

275ml **£2.75**

Coca-Cola & Coke Zero

Glass bottle

300ml **£2.50**

Sparkling Ice Tea

Mango or Peach, served over ice

275ml **£2.75**

Barn Farm Drinks

100% Pure apple or orange Juice

330ml **£2.75**

Belvoir Cordial

Blackcurrant, elderflower or orange

300ml **£1.95** | 550ml **£2.95**

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

Draught **5.5%ABV**

Fruity, dry & thirst quenching

500ml **£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 **£2.95**

Brandy **38%ABV**

25ml **£2.95**

Bacardi **37.5%ABV**

25ml **£2.95**

Tia Maria **20%ABV**

25ml **£2.95**

Famous Grouse **40%ABV**

25ml **£2.95**

Cocktails

Pimms

Traditional pimms & lemonade

£5.95

Aperol Spritz

Aperol, prosecco & soda

£6.95

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

Malbec 2019

Vista Sierra, Mendoza (Argentina)

Ripe, gently spicy fruit.

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

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

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 N/V (Italy)

Aromatic, tropical & brightly sparkling

200ml Bottle
£5.95 £24.00

Rosé Lunetta N/V (Italy)

Vibrant & delicate sparkling rosé

200ml Bottle
£5.95 £24.00

Wi-Fi Login

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

Network ID: Free Wifi

Password: freewifi