

Starters

Some dishes are available in starter or main course sizes – see prices below

Soup of the Day
served with mini tin loaf **4.95**

Whitebait
with garlic mayo and salad **4.95**

Homemade Nachos
with cheddar, salsa, guacamole, sour cream and jalapeños **5.25** or **8.25** for sharing portion

(odd chunky beef chilli or pulled pork for 2.00)

Panko breaded Brie wedges
served with cranberry sauce **4.95**

Crispy duck noodle stir-fry
with peppers, baby sweetcorn, courgettes, mangetout and Hoisin sauce **5.95** / **11.50**

Creamy garlic mushrooms
on malted bloomer toast **5.25** / **8.25**

Mains

We take great pride in our local, seasonal and home-cooked food and we'd love to hear your feedback.

Ham, egg and chips honey and mustard roast ham, free-range fried eggs and hand-cut chips **9.75**

Scampi and chips wholemeal scampi and hand-cut chips served with homemade tartare sauce and peas **9.75**

8-hour slow-cooked pulled pork
in a broche bun, topped with cheddar and red cabbage slaw and hickory BBQ sauce. Served with hand-cut chips **9.95**

Chicken Caesar salad Cos lettuce, crispy bacon, cherry tomatoes, croutons, pan-fried chicken and Caesar dressing **9.75**

Trafalder burger 8oz steak burger in a broche bun with tomato relish and mayonnaise, iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **9.50**

(odd bacon OR cheddar OR Silton OR red onion marinade 1.00 each)
Why not add Onion rings **2.95**

Wild mushroom, leek, pearl barley and St. Peter's ale pie topped with Silton and parsley/mash served with buttered cabbage and grilled courgettes **9.75**

Desserts

Sandwiches

(Served 12-2.30)

Ask for today's chef's specials too

Homemade crumble
with warm custard **4.75**

Soft centred Belgian chocolate brownie with Morello cherry ice cream and chocolate sauce **4.75**

Sticky toffee pudding
with butterscotch sauce and vanilla ice cream **4.75**

Orange polenta cake with pistachio ice-cream **4.75**

Ice creams
Cornish vanilla bean, chocolate, strawberry, Morello cherry, toffee fudge or banana fudge **4.75**

Cheese and crackers Brie, goat's cheese, Cheddar and Silton with crackers, celery and chutney **6.25**

Food service times:

Monday – Thursday

Friday

Saturday

Sunday

Middy – 2.30pm
Middy – 2.30pm
Middy – 2.30pm
Middy – 6.00pm

6pm - 8.30pm
6pm - 9.00pm
6pm - 9.00pm

Overleaf: Weekend Breakfasts, Sunday Roasts and Hot Drinks

8oz flat-iron steak (served medium rare), with fries, garlic field mushroom, roast tomato and salad **13.95**

Chunky beef chilli with fresh chilli, spices and kidney beans served with rice, guacamole and sour cream **9.95**

Chickpea curry
medium-spiced chickpea, spinach, tomato and coconut milk curry served with rice and mango chutney **9.25**

Lasagne
beef and tomato ragu, pasta and creamy bechamel and cheddar sauce served with garlic bread and salad **9.95**

Side Orders

Hand-cut chips **3.25**

Hand-cut cheesy chips **3.75**

Garlic bread **2.95**

Cheesy garlic bread **3.45**

Mixed leaf side salad with olive oil and Balsamic dressing **2.95**

Onion rings **2.95**

Add a handful of hand-cut chips for **1.50**
Baked ham and Brie with wholegrain mustard and rocket in malted bloomer bread **4.50**

Chicken, tomato, lettuce and basil pesto in ciabatta **4.50**

Smoked salmon and cream cheese with rocket in malted bloomer bread **5.25**

Goat's cheese and caramelised red onion in ciabatta **4.50**

Salt beef, mustard mayo, gherkin and tomato in malted bloomer bread **4.75**

BLT Blythburgh back bacon, lettuce, tomato and mayonnaise in malted bloomer bread **4.75**

Weekend Breakfasts

Saturdays & Sundays 10am – midday

Sausages and bacon from Blythburgh, free-range eggs from Great Ellingham and baked beans from Heinz!

Trafford breakfast

Blythburgh sausage, back bacon, fried free-range egg, sautéed mushrooms, slow-roasted tomato, baked beans and fried bread **6.75**

Vegetarian breakfast

Slow roast tomato, vegetarian sausages, sautéed mushrooms, fried free-range egg, fried bread, baked beans and hash brown **6.75**

Smoked Scottish salmon & scrambled free-range egg on toasted malted bloomer bread **6.50**

Scrambled free-range egg & sautéed mushrooms on toasted malted bloomer bread **5.75**

Blythburgh back bacon & sautéed mushroom sandwich on malted bloomer **4.25**

Add any item below to any breakfast for 1.00

Blythburgh back bacon, sausage, sautéed mushrooms, slow-roast tomato, toast, baked beans, fried bread, hash brown

Sunday Roasts

Sundays only Midday – 6pm

Locally sourced meats with seasonal vegetables, crisp roast potatoes and homemade gravy

Swannington Farm-to-Fork pork loin with crisp golden crackling **9.95**

Locally farmed Hevingham beef served medium rare **9.95**

Norfolk chicken supreme with succulent sage, onion and apple stuffing **9.95**

Nut roast with toasted brazil nuts, hazelnuts and walnuts and chestnut puree with a gravy lightly spiced with cumin **9.95**

All served with butter roast potatoes, Yorkshire pudding and fresh seasonal vegetables

Hot Drinks

Americano 1.75

Cappuccino 1.75

Espresso 1.75

Double espresso 1.75

Decaf coffee 1.75

Tea 1.75

The
Trafford
Arms

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FOOD MENU

