

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 **5.95**
(odd chunky beef chilli or pulled pork for 2.00)

Panko breaded Brie wedges

served with cranberry sauce **4.95**

Crispy duck noodle salad

with peppers, baby sweetcorn, courgettes, mangeout 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 **8.95**

Scampi and chips wholetail scampi and hand-cut chips served with homemade tartare sauce and salad **87.95**

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 **8.95**

Chicken Caesar salad Cos lettuce, crispy bacon, cherry tomatoes, croutons, pan-fried chicken and Caesar dressing **9.25**

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 **8.95**
(odd bacon and cheese or silton and red onion marmalade for 1.50)

Wild mushroom, leek, pearl barley and St Peter's ale pie topped with Silton and parsley mash served with buttered cabbage and grilled courgettes **9.25**

Chicken and chorizo burger

pan-fried chicken breast and chorizo in a broche bun with Cajun mayo, iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **8.95**

Chickpea, sun-dried tomato, feta, chilli and coriander 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 **8.75**

Beef, mushroom and Adhams' ale puff-pastry pie with mash, buttered cabbage and grilled courgettes **10.25**

Thai green chicken curry with peppers, mangeout, courgette and baby sweetcorn in a spicy coconut sauce served with rice and prawn crackers **9.95**

Swannington Farm-to-Fork black pepper sausages and mash with honey-roast carrots and parsnips, broccoli and onion gravy **9.95**

Fish and chips local cod in Adhams' ale batter with hand-cut chips, minted mushy peas and homemade tartare sauce **9.25**

8oz flat-iron steak (served medium rare), with fries, garlic field mushroom, roast tomato and salad **12.95**

Chunky beef chilli with fresh chilli, spices and kidney beans served with rice, guacamole and sour cream **8.95**

Chickpea curry medium-spiced chickpea, spinach, tomato and coconut milk curry served with rice and mango chutney **8.50**

Lasagne beef and tomato, ragu, pasta and creamy béchamel and cheddar sauce served with garlic bread and salad **8.95**

Side Orders

Hand-cut chips **2.75**

Hand-cut cheesy chips **3.25**

Garlic bread **2.95**

Cheesy garlic bread **3.45**

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

Onion rings **2.75**

Desserts

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**

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

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

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

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

Baked ham and Brie with wholegrain mustard and rocket in malted bloomer bread **4.50**

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

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Sandwiches

(Served 12-2.30)

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 cabatta **4.50**

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Overleaf: Weekend Breakfasts, Sunday Roasts and Hot Drinks

Food service times:

Monday – Thursday

Friday

Saturday

Sunday

Midday – 2.30pm

Midday – 2.30pm

Midday – 2.30pm

Midday – 6.00pm

6pm - 8.30pm

6pm - 9.00pm

6pm - 9.00pm

6pm - 9.00pm

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 eggs, 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

Hot Chocolate 1.75

Mochaccino 1.75

Decaf coffee 1.75

Tea 1.75

The
Trafford
Arms

Grove Road, Norwich | 01603 628466 | www.traffordarms.co.uk

FOOD MENU

