

# Starters

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

**Soup of the Day**  
served with mini tin loaf **£5.25**

**Thai fishcakes**  
served with a cucumber and chilli dip **£5.95/£11.50** served with fries as a main

**Homemade Nachos**  
with cheddar, salsa, guacamole, sour cream and jalapeños **£5.95** or **£9.25** for sharing portion  
(add chunky beef chilli for **£2.00**)

**Halloumi fries**  
served with a sweet chilli dip **£5.75**

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

**Greek salad**  
served with a basil dressing **£5.75/£9.95** as main.  
(add chicken **£1.50**)

# Mains

**Don't forget to check the blackboard for today's delicious specials!**

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 **£10.25**

**Scampi and chips** whole-tail scampi and hand-cut chips served with homemade tartare sauce and garden peas **£10.50**

**Chargrilled pork chop** with mash, wholegrain mustard cream sauce and cabbage **£11.95**

**Trafford burger** 8oz steak burger in a seeded brioche bun with tomato relish and mayonnaise, Iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **£9.95**  
(add bacon OR cheddar OR Stilton OR red onion marmalade **£1.00** each)

Why not add onion rings **£3.50**

**Salmon fillet niçoise salad**  
with balsamic and olive oil dressing **£11.95**

**Piri piri chicken supreme**  
served with coleslaw, fries and salad **£11.95**

**Chickpea, sun-dried tomato, feta, chilli and coriander burger** in a sesame seeded brioche bun with tomato relish and mayonnaise, Iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **£9.95**

**Roast butternut squash and thyme risotto** with grilled goats cheese and a mixed leaf salad **£10.25** (Vegan adaptable with toasted pine nuts instead of goat's cheese)

**Tex-mex chicken burger**  
Panko breadcrumb chicken fillet in a sesame seeded brioche bun with sour cream, guacamole, jalapeños and Little Gem lettuce served with hand cut chips and chilli jam. **£10.50**

**Swannington Farm-to-Fork black pepper sausages and mash** with honey-roast carrots and parsnips, broccoli and onion gravy **£10.75** (veggie sausages and gravy available)

**Fish and chips** local cod in Adnams' ale batter with hand-cut chips, garden peas and homemade tartare sauce **£10.50**

**8oz flat-iron steak** (served medium rare), with fries, garlic field mushroom, slow-roast tomato and salad **£14.95**

**Chunky beef chilli** with fresh chilli, spices and kidney beans served with rice, guacamole and sour cream **£10.95**

**Chicken jalfrezi** served with rice, mango chutney and naan bread **£11.50**

**Lasagne**  
beef and tomato ragu, pasta and creamy béchamel and cheddar sauce served with garlic bread and salad **£10.95**

**Mixed bean chilli** served with rice, guacamole and sour cream **£9.95**

# Side Orders

**Hand-cut chips** **£3.75**

**Fries** **£3.75**

**Cheesy chips/Fries** **£4.25**

**Garlic bread** **£2.95**

**Cheesy garlic bread** **£3.95**

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

**Onion rings** **£3.50**

**Coleslaw** **£2.95**

# Desserts

**Ask for today's chef's specials too**

**Homemade crumble**  
with warm custard **£4.95**

**Soft centred Belgian chocolate brownie** with Morello cherry ice cream and chocolate sauce **£4.95**

**Lemon cheesecake** served with vanilla ice cream and raspberry coulis **£4.95**

**Orange polenta cake** with pistachio ice-cream **£4.95**

**Ice creams**  
Cornish vanilla bean, chocolate, strawberry, Morello cherry, toffee fudge or banana fudge **£4.95**

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

**Food service times:**

**Monday – Thursday** Midday – 2.30pm  
**Friday** Midday – 2.30pm  
**Saturday** Midday – 2.30pm  
**Sunday** Midday – 6.00pm

**Overleaf:** Weekend Breakfasts, Sunday Roasts and Hot Drinks

# Sandwiches

(Served 12-2.30)

Add a handful of hand-cut chips for **£1.75**

**Baked ham and Brie** with wholegrain mustard and rocket in malted bloomer bread **£4.95**

**Chicken, tomato, lettuce and basil pesto** in ciabatta **£5.50**

**Battered cod bap** with tartare sauce and little gem lettuce. **£5.50**

**Goat's cheese and caramelised red onion** in ciabatta **£5.50**

**Black pepper sausage** wholegrain mustard and rocket sandwich in malted bloomer bread **£4.95**

**BLT** Blythburgh back bacon, lettuce, tomato and mayonnaise in malted bloomer bread **£4.95**

## Weekend Breakfasts

**Saturdays & Sundays 10am – midday**

### **Trafford breakfast**

Swannington Farm-to-Fork black pepper sausages, 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**

### **Flaked salmon and scrambled eggs**

on toasted malted bloomer bread **£5.75**

### **Scrambled free-range eggs & 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 Yorkshire pudding, seasonal vegetables, crisp roast potatoes and homemade gravy

### **Swannington Farm-to-Fork pork loin**

with crisp golden crackling **£10.95**

### **Locally farmed Hevingham beef**

served medium rare **£10.95**

### **Norfolk chicken supreme**

with succulent sage, onion and apple stuffing **£10.95**

### **Nut roast**

with toasted brazil nuts, hazelnuts and walnuts and chestnut puree with a vegetarian gravy **£10.95**

## Hot Drinks

**Americano £1.75**

**Cappuccino £1.75**

**Espresso £1.75**

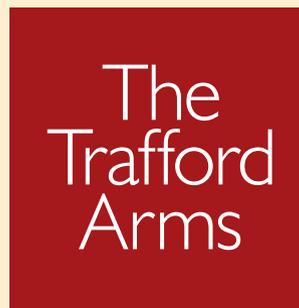
**Double espresso £1.75**

**Hot Chocolate £1.75**

**Mochaccino £1.75**

**Decaf coffee £1.75**

**Tea £1.75**



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# FOOD MENU

