

# **All day menu**

*Available from 11am to 11pm*

## **Starters /Lights / Sandwiches**

- Soup of the day (see the board) 5.5
- Homemade quiche & side salad 7.5
- Smoked mackerel pate, beetroot Carpaccio & grilled flat pita bread 6
- Prawn cocktail and cucumber in white bloomer & side salad 7
- Mozzarella, tomato & pesto baguette, side salad 7
- Chicken & avocado wrap, side salad 7
- Grilled steak & horseradish sandwich, sourdough bread, chips or side salad 9

## **Mains**

- Kidney beans and chickpeas burger, sundried tomato, feta, aubergine and guacamole, chips 11
- Forrest mushroom penne pasta & garlic pangriatta 11
- Grilled squid, tomato & oregano salsa and side salad 11
- Fish & chips, peas & tartar sauce 12
- Grilled fish of the day, side salad 14
- Angus beef burger, brioche, cheese, chips 13
- Marinated sirloin steak (wholegrain mustard & rosemary), chips & green beans 16
- Roast chicken & tarragon sausages with cannellini beans and paprika casserole 13
- Suffolk rotisserie chicken, coleslaw, chips (half or whole) 12.5/18

## **Side salads**

3.5 each

- Cous cous salad (goji berries, shallot, cinnamon, raisins, cashew nuts)
- Puy lentils salad (spring onion, pear, beetroot)
- Summer potato salad (spring onion, sundried tomatoes, olives, feta)
- Cucumber & yoghurt salad (Greek yoghurt, garlic, dill)
- Coleslaw
- Mixed or green salad

## **Sweets & cakes**

(see displayed daily offer)

All prices are inclusive of 20% VAT. A discretionary 12.5% service charge will be added to your bill. Please be aware some dishes may contain traces of nuts. Please ask a member of our team should you require further information on content or preparation of our food.

# From the Pantry *available until 11am*

Continental breakfast 9.95

## Cereal Bar

Selection of cereals  
Fresh seasonal fruit salad  
Fruit Compote  
Dried fruits  
Prunes in syrup  
Low fat Greek yoghurt from bowl  
Fruit or Natural low fat yoghurt portion

## Breakfast Table

Homemade cakes & muffin (see display)  
All butter croissant 2  
Pain au Chocolate 2  
Pain au Raisin 2.5  
Selection of fresh vegetable 2  
Smoked Mackerel Pâté or Smoked salmon 3  
Selection of cold meats & cheeses

# From the Kitchen *available until 2pm*

Oats Porridge 3  
Buckwheat pancakes (2pieces) 3

## Eggs

Eggs Benedict - turkey rashers 8  
Eggs Florentine – spinach 8  
Eggs Royal – smoked salmon 8.5  
Scrambled egg or omelette (add smoked salmon) 5.5/8.5

## Breakfast Baps

Turkey rashers bap 4.5  
Chicken sausage bap 4.5  
Turkey rashers and egg bap 5  
Chicken sausage and egg bap 5

## Full Veggie Breakfast 11

(free range eggs, grilled tomato, grilled mushroom, Heinz baked beans, veggie sausage, avocado & bread)

## Full BSH Breakfast 12.95

(Free range eggs, chicken & tarragon sausage, grilled mushroom, turkey rashers, Heinz baked beans, grilled tomato & bread)

**Baked eggs** with spiced Cannellini bean casserole 8

**Baked eggs** with Cannellini bean casserole & roast chicken sausage 9

**Spanish omelette** 6

## Morning Smoothies £3 each

**Blueberry** (blueberry, banana, orange, honey)

**Tropical** (kiwi, pineapple, mango, orange, honey)

**Banana** (banana, apple, orange)

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