

# Sunday Lunch Menu

## Starters

<b>Bread &amp; Oil</b> v	
Selection of breads with extra virgin olive oil & balsamic vinegar	£4.50
<b>Mixed Olives</b> v, gf	
Marinated Greek Olive Selection	£4.50
<b>Tomato, Chilli and Ginger Soup</b> v, dfa, gfa	
Served with bread selection	£6.50
<b>Aspall Ham Hock Terrine</b> gfa	
With spiced apple & cranberry chutney and melba toast	£7.50
<b>Wild Mushroom Risotto Balls</b> v	
With a tomato & sweet chilli jam	£7.50
<b>Prawn Cocktail</b> © df, gfa	
With sweet tomato oregano glaze on crunchy melba toast, mixed leaves & traditional marie rose sauce	£8.50
<b>Baked Camembert</b>	
Infused with garlic & rosemary, served with pieces of garlic crostini to dip and smother. Indulge to treat yourself or enough for two to share	£10.50
<b>Whitebait</b> ©	
Served with bread, a wedge of fresh lemon & tartar sauce	£8.50

## Main Courses

<b>Roast Topside of British Beef</b> gfa, dfa	
With Yorkshire pudding, roast potatoes and fresh vegetables	£15.95
<b>Roast Turkey</b> gfa, dfa	
With sausage meat stuffing wrapped in streaky smoked bacon, roast potatoes and fresh vegetables	£15.95
<b>Roast Loin of Pork</b> gfa, dfa	
Crunchy crackling, homemade apple sauce, Yorkshire pudding roast potatoes and fresh vegetables	£15.95
<b>Vegetarian Nut Roast</b> v	
Vegetarian gravy, roast potatoes, fresh vegetables and a Yorkshire pudding	£15.95
<b>Venison Meatballs</b> gf ©	
With roasted garlic & rosemary mash, braised red cabbage & redcurrant gravy	£15.95
<b>Steak, Mushroom &amp; Award-Winning Abbot Ale Pie</b>	
Homemade short crust pastry, served with chips, garden peas and extra gravy	£15.95
<b>Beef Lasagne</b> ©	
Rich tomato sauce, garlic bread & homemade chips	£15.95

**Grilled Lambs Liver & Streaky Bacon** gf ©  
Served with onion gravy on a bed of creamy wholegrain mustard mash, topped with streaky bacon and fresh vegetables £15.95

**Beer Battered Haddock** df  
Served with homemade chips and garden peas £15.95

**Breaded Scampi** df ©  
Large wholetail scampi, homemade chips and garden peas £15.95

**Mushroom, Nut & Leek Filo Stack** v  
Creamy sauce with crunchy peanuts and crisp filo layers, baked new potatoes and rocket leaves £15.95

**Vegan Spiced Mediterranean Vegetable Tagine** v, ve, df, gfa  
With tortilla chips and lemon & peanut rice £14.50

**Macaroni Cheese** v ©  
Made with smoked cheddar, served with garlic bread and fresh salad £13.50

**Vegetarian Chilli** df, vea,  
Low carb, low fat vegetarian chilli served with cauliflower 'rice', dairy free sour cream and tortilla chips. £14.50

## Side Dishes

Creamy Coleslaw ve, df, gf	£3.75
Beer Battered Onion Rings df	£3.75
Homemade Chips ve, df	£3.75
Garlic Bread v	£3.75
Fresh Mixed salad ve, gf, df	£3.75

## Children

<b>Childs Roast Dinner</b> gfa, dfa	£8.95
<b>Cheese Burger</b>	
Homemade steak burger topped with melted mature cheddar in brioche bun with homemade chips and baked beans or garden peas	£7.50
<b>Chicken Nuggets</b>	
Made with whole chicken breast with homemade chips and baked beans or peas	£7.50
<b>Sausage, Chips &amp; Beans</b> df	
Suffolk butcher's pork sausages with homemade chips and baked beans or peas	£7.50

v	vegetarian
ve	vegan
gf	gluten free as standard
df	dairy free as standard
gfa	gluten free available with substitutions
dfa	dairy free available with substitutions
vea	vegan available with substitutions

© Smaller portions of these dishes are available for children and those with smaller appetites

### Allergens

Please make your food server aware of any allergies and intolerances you may have. Whilst we take the greatest of care preparing your food, our kitchen is used to produce food containing any of the 14 main allergens as well as others. Unfortunately, it is impossible on this basis to ensure against minimal transfer of allergens. Our pledge is to do our absolute best. If you require any information regarding

## Baguettes

**Topside of Beef & Horseradish**  
With a fresh dressed side salad £8.50

**Roast Turkey Breast & Cranberry**  
With a fresh dressed side salad £8.50

**Roast Pork & Apple Sauce**  
With a fresh dressed side salad £8.50

## Homemade Desserts

**Almond Flapjack** v, gf, df, ve  
Served with homemade pear, blackcurrant and blackberry jam and warm amaretto sauce £7.50

**Ginger Sponge Pudding** v  
A light airy sponge with sticky ginger syrup and double cream £7.50

**Apple, Cinnamon & Sultana Crumble** v ©  
With custard £7.50

**Warm Chocolate & Walnut Brownie** v ©  
A warm and chewy chocolate brownie topped with vanilla ice cream & chocolate sauce £7.50

**Baileys & Mars Bar Cheesecake**  
Our own recipe, creamy, smooth, dense cheesecake with chocolate and butterscotch sauce £7.50

### Trio of Desserts

A taste of our favourites; Baileys and mars bar cheesecake, chocolate and walnut brownie with vanilla ice cream and frozen coffee and Tia Maria mousse £9.50

**Frozen Coffee & Tia Maria Mousse** v, gf  
Dense and rich mousse served in an espresso cup for a smaller dessert option £3.75

**Cheese Board** gf  
Selection of local cheeses with biscuits, homemade caramelised red onion chutney, and sticky walnuts £9.50

**Mango sorbet** v, gf, df, ve ©  
A refreshing sorbet £5.50

**Two scoops of Dairy Ice Cream** gf, v ©  
Choose from Vanilla, Chocolate & Strawberry £5.50

**Two scoops of Plant based Salted Caramel Ice cream** gf, v, ve © £5.50

**Diabetic Vanilla Ice Cream** v, gf £5.50

**Homemade Morgan's Spiced Rum & Raisin Ice Cream** gf, v £4.50

## Hot Beverages

Americano	£3.25
Cappuccino	£3.25
Latte	£3.25
Flat White	£3.25
Espresso	£2.95
Extra shot of Espresso	£0.50
Pot of English Blend Tea	£3.25
Earl Grey Tea	£3.25
Herbal Tea	£3.25
Mocha Latte	£3.25
Hot chocolate	£3.75

## Wines

Bin No. 125ml 175ml 250ml Bottle

### White

- 1 **Australia CHARDONNAY**  
Tropical fruit flavours complimented by a crisp finish  
£5.25 £7.95 £8.95 £22.95
- 3 **Italy PINOT GRIGIO**  
Fresh, fruity and easy drinking dry white classic Italian  
£5.25 £7.95 £8.95 £22.95
- 10 **New Zealand SAUVIGNON BLANC**  
Intense gooseberry and grapefruit with a hint of asparagus  
£5.25 £7.95 £8.95 £22.95

### Red

- 2 **South Africa SHIRAZ**  
Packed with vibrant fruit and full of character  
£5.25 £7.95 £8.95 £22.95
- 6 **Chile MERLOT**  
Light plummy notes, ripe berry fruit, smooth and balanced  
£5.25 £7.95 £8.95 £22.95
- 7 **Chile CABERNET SAUVIGNON**  
Smooth, full of cassis & black cherry flavours, hints of coffee & dark chocolate  
£5.25 £7.95 £8.95 £22.95
- 11 **Spanish RIOJA**  
Soft and fruity with ripe plum aromas  
— — — £24.95
- 15 **France CHATEAUNEUF-DU-PAPE, PERDIGAL**  
A soft but full, early ripening wine with a dominance of Grenache and spice  
— — — £32.95
- 18 **Argentina MALBEC**  
Bold and fruity with a super smooth finish  
£5.25 £7.95 £8.95 £22.95

### Rose

- 4 **Italy PINOT ROSE**  
A delicate dry wine with fresh red berry fruit character  
£5.25 £7.95 £8.95 £22.95
- 13 **California ZINFANDEL ROSE**  
Really good blush, easy drinking, hints of strawberry flavours and a soft finish  
£5.25 £7.95 £8.95 £22.95

## Champagne & Sparkling

200ml Bottle

- 19 **PROSECCO**  
Extra dry, flowery nuances of almond & ripe fruits  
£7.25 £29.95
- 20 **MOET ET CHANDON**  
The Brut Imperial is a dry & elegant. The brand leader  
— £49.95

## Cocktails

- Pina Colada**  
Sweet, mellow and mild fruity flavours of Rum, Cayenne pineapple with the creamy texture of coconut £8.50
- Mojito**  
A classy combination of Rum, natural Persian limes and fresh mint £8.50
- Margarita**  
A mouth-watering Mexican classic with Tequila, Persian limes, lemons, and orange juice £8.00
- Espresso Martini**  
Rich, indulgent, and energizing, an expert blend Kahlua, Vodka and the finest cold brew coffee £6.50
- Passion Fruit Martini**  
An exotic blend of Vodka, Indian mangos, Ecuadorian passion fruit, and orange juice £6.00
- Strawberry Daiquiri**  
A natural fusion of Rum, sun-kissed Spanish strawberries and Persian limes £6.00

## Draught

Adnams Southwold	3.7%	£4.35
Wherry Ale	3.8%	£4.35
Abbot Ale	5.0%	£4.75
Level Head IPA	4.0%	£5.25
Carlsberg Pilsner Lager	3.7%	£4.35
Peroni	5.0%	£6.25
Madri	4.6%	£5.25
Guinness	4.1%	£5.25
Aspall Cyder	4.5%	£4.95

## Bottles

Magners Cyder	4.5%	£4.75
Kopparberg Mixed Fruit	4%	£4.75
Kopparberg Strawberry & Lime	4%	£4.75
Thatchers Cider Alcohol free	0.0%	£3.95
Adnams Ghost Ship Alcohol Free	0.5%	£3.50
Brooklyn Special Effects Alcohol Free	0.4%	£3.25
Becks Blue Drive Alcohol Free	0.05%	£3.25
Estrella Gluten Free Lager	5.5%	£3.75
Old Speckled Hen Gluten Free Ale	5%	£4.50

## Soft Drinks

Coke		£2.80
Diet Coke		£2.80
Lemonade		£2.80
Appetizer		£3.45
Elderflower Presse		£3.45
J20 Apple & Mango		£3.45
J20 Orange & Passionfruit		£3.45
J20 Apple & Raspberry		£3.45
Still Mineral Water (330ml)		£2.65
Sparkling Mineral Water (330ml)		£2.65
Large Mineral Water (750ml)		£4.75
Pineapple Juice		£2.55
Cranberry Juice		£2.55
Tomato Juice		£2.55
Orange Juice		£3.45
Pressed Apple Juice		£3.45
Juice & Lemonade		£3.45
Juice & Soda		£3.45
Cordial & Lemonade		£2.65
Cordial & Soda		£1.85
Orange Fruit Shoot		£1.60
Blackcurrant Fruit Shoot		£1.60
Tonic Water		£2.25
Slimline Tonic Water		£2.25
Lemon Tonic Water		£2.25

## Whisky

Bells	40%	£3.25
Famous Grouse	40%	£3.25
Jameson's	40%	£4.25
Jack Daniels	40%	£4.25
Jim Beam	40%	£4.25
Malts (ask your server)	40%	£4.25

## Brandy

Three Barrels	38%	£3.25
Courvoisier XXX	40%	£4.25
Remy Martin	40%	£4.25
Cherry Brandy	24%	£3.25

## Rum

Bacardi	37.5%	£3.25
Lambs Navy	40%	£3.25
Morgan's Spiced	35%	£3.25
Kraken	40%	£4.25

## Gin

Gordon's	37.5%	£3.25
Gordon's Pink Gin	37.5%	£4.25
Adnams Copper House	40%	£4.25
Bombay Sapphire	40%	£4.25
Plymouth	41.2%	£4.25
Hendrick's	41.4%	£4.25
Betty's (Distilled in Bacton, Suffolk)	42%	£4.25
Whiley Neil Rhubarb & Ginger Gin	43%	£4.25
Whiley Neil Raspberry Gin	43%	£4.25
Whiley Neil Blood Orange Gin	43%	£4.25
Gordon's Non-Alcoholic Gin	0%	£3.00

## Vodka

Smirnoff	37.5%	£3.25
Absolute	40%	£3.25
Absolute Rasberri	40%	£3.25
Russian Standard	38%	£3.25
Belvedere	40%	£4.75
Grey Goose	40%	£4.75