



Local fresh bread served with an olive oil & balsamic vinegar dip £3.95
Marinated mixed olives £4.50

STARTERS

HOMEMADE SOUP OF THE DAY - £7.95
 Served with bread and butter (GFA)

KING PRAWNS IN A BREADCRUMB AND COCONUT COATING - £9.95
 With a sweet chilli dipping sauce

HOMEMADE THAI FISHCAKES - £10.95
 With a cucumber pickle (GF)

BREADED MONTERAY JACK AND CHEDDAR CHEESE RINGS - £9.95
 With a bbq sauce (V)

QUORN VEGAN CHIQUIN STRIPS - £10.95
 Served with a vegan mayo (Ve)

BAKED CAMEMBERT - £12.95
 With onion chutney and bread (V)

MAINS

GRILLED GAMMON STEAK - £18.95 (GFA)
 Topped with fresh pineapple, fried egg, chips, onion rings, tomato & mushroom.

8OZ SIRLOIN STEAK - £22.95 (GFA)
 Served with homemade chips, tomato, mushroom & onion rings.

HOMEMADE BURGER - £15.95 (GFA)
Choose either: 6oz Beef or Vegan Sweet potato (ve)
 Topped with gherkin, tomato & lettuce, served with salad & skinny chips.
 ~ add cheese and/or bacon only £1 each ~

LAMBS LIVER & BACON - £14.95 (GF)
 Served with mashed potato, seasonal vegetables & onion gravy.

HOMEMADE PIE OF THE DAY - £17.50
 Served with creamy mashed potatoes, seasonal vegetables and gravy

STEAK AND KIDNEY PUDDING - £16.95
 Served with creamy mashed potatoes, seasonal vegetables and gravy

THICK CUT SMOKED HAM - £12.95 (GF)
 From the local butchers, served with 2 fried eggs and chips.

ARMISH BEEF - £17.95
 Slow cooked chunky beef and carrots with pappardelle pasta and garlic bread

BREADED WHOLETAIL SCAMPI - £16.95
 Served with chips, peas & our homemade tartare sauce.

BEER BATTERED FISH & CHIPS - £16.95
or Vegan Banana Blossom (VE)
 Served with chips, peas & homemade tartare sauce.
 - GF on request

SALMON FILLET MARINATED IN SOY AND GINGER - £17.95 (GF)
 Served on a bed of white rice and tender-stem broccoli

KING PRAWNS IN A CHILLI, PEPPER AND TOMATO SAUCE - £15.95 (V)
 Served with rigatoni pasta

HOMEMADE BEEF LASAGNE - £15.95
 Topped with creamy Béchamel sauce, served with a side salad and garlic bread

VEGETABLE RAGU - £15.95 (V)
 With rigatoni pasta, topped with mozzarella and served with garlic bread (Vegan option available)

MOROCCAN LAMB TAGINE - £16.95
 Served with savoury cous cous

BAKED HAKE - £16.95 (GF)
 Served with a tomato, fennel, potato and olive casserole

BATTERED HALLOUMI - £13.95 (V) (GFA)
 With Skinny Fries, Salad & Chilli Sauce

LUNCH MENU

JACKET POTATOES

(GF)

(Served Monday to Saturday 12pm - 5pm)

CHEESE (V)	£6.95
BEEF CHILLI	£9.95
BRIE AND BACON	£9.95
TUNA	£7.95
CHEESE & BEANS (V)	£7.50

ALL SERVED WITH A SIDE SALAD & COLESLAW

SIDES

Onion rings	£3.50
Chips (GF)	£2.95
Cheesy Chips (GF)	£3.95
Side Salad	£3.25
Coleslaw (GF)	£2.25
Garlic Bread	£2.75
Cheesy Garlic Bread	£3.25

OMELETTES

(GF)

(Served Monday to Saturday 12pm - 5pm)

Ham	£11.95
Cheese	£11.95
Tomato	£11.95
Mushroom	£11.95

Add Extra Ham, Cheese, Tomato, Red Onion or Mushroom
for just £1

All served with chips & salad

(Served Monday to Saturday 12pm - 5pm)

BREADED CHICKEN FILLET BURGER – £11.95

In a bun with tomato, lettuce + Caesar dressing, with skinny fries & salad *Vegetarian option available £10.95

PROCTORS SUFFOLK PRIDE SAUSAGE - £9.95

With homemade red onion chutney, served in a baguette or sandwich, with skinny fries & salad

THE ULTIMATE FISH FINGER SANDWICH - £9.95

Served with skinny fries, salad & homemade tartar sauce

THE MEATBALL SUB - £10.95

With red onion chutney and topped with mozzarella cheese, served with skinny fries & salad *Vegetarian falafel balls available

BREADED CHICKEN & SWEET CHILLI WRAP - £8.95

Served with skinny fries & salad

CHEESE & RED ONION SANDWICH - £7.95

On white or brown bread or a baguette, with skinny fries & salad

BRIE & BACON SANDWICH - £9.95

On white or brown bread or a baguette, with skinny fries and salad

***Make sure to check out our special's boards for more home-cooked dishes!**

Ask our staff to check out the dessert board!

**Please make our staff aware of any allergies or dietary requirements you may have. We work in a multi-kitchen environment where menu items may come into contact with nuts, dairy, gluten etc.