

# MODERN LIFE CAFÉ

# Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Brunch 9am-12pm</b>	Crushed avocado, two poached free range eggs, rye bread toast <b>£8</b>						
	Poached free range eggs, smoked ham, hollandaise, seeds, English muffin <b>£7½</b>						
	Sourdough toast, organic peanut butter, Tiptree raspberry jam <b>£4½</b>						
	Smoked salmon, scrambled egg, sourdough toast <b>£9</b>						
	Poached free range eggs, baby spinach, hollandaise, English muffin <b>£7½</b>						
	Buttermilk pancakes, bananas, blueberries, maple syrup <b>£5½</b>						
Raspberry & blueberry porridge, toasted seeds, caramelised demerara <b>£4½</b>							
<b>Main</b>	Fir Tree Farm slow belly of pork, sweet & sour red cabbage, spring onion mashed potato <b>£10</b>	Chargrilled corn fed chicken breast, crushed new potato cake, broccoli, wild mushroom cream sauce <b>£10½</b>	Slow cooked Gressingham duck leg, hoisin sauce, Asian stir fry greens <b>£10</b>	Buttermilk fried free range chicken fillet burger, apple slaw, sweet potato fries <b>£9½</b>	Gnocchi bolognese, basil pesto, parmesan, garlic bread <b>£8½</b>	Compton Hall Farm lamb tikka masala, basmati rice, garlic naan <b>£9</b>	Norfolk roast beef, Yorkshire pudding, seasonal vegetables, crisp roast potatoes <b>£10</b>
	Grilled sea bass, pea, bean & tomato salad, herb new potatoes <b>£10½</b>	Loin of cod, pancetta, lemon & parsley crumb, sautéed potatoes, peas à la Française <b>£11</b>	Sea trout, broccoli, mashed potato, lemon & caper butter sauce <b>£11½</b>	Baked coley, tomato, olive, chives & red onion salad, crushed new potatoes <b>£10½</b>	Adnams Ale battered haddock fillet, chunky chips, pea puree, fresh lemon, tartare sauce <b>£9</b>	Smoked haddock & cheddar fishcake, tomato, spring onion cucumber baby spinach salad, skinny fries <b>£9</b>	Fir Tree Farm roast loin pork, Yorkshire pudding, seasonal vegetables, crisp roast potatoes <b>£10</b>
	Satay organic tofu, sweet potato, beansprouts, coconut & peanut sauce, jasmine rice <b>£9</b>	Grilled cauliflower steak, vine ripe cherry tomatoes, smoked cheese, tomato & oregano sauce <b>£8</b>	Sweet potato, pepper, squash tagine, couscous, coriander flatbread <b>£8</b>	Roast butternut squash & goats cheese tartlet, rocket salad <b>£9</b>	Organic tofu rendang, green bean sambal, fried rice <b>£8½</b>	Roast vegetable, spinach & ricotta lasagne, mixed leaf salad, garlic bread <b>£8½</b>	Nut roast, spinach, cranberry, Yorkshire pudding, seasonal vegetables, crisp roast potatoes <b>£10</b>
<b>Soup &amp; artisan roll</b>	Butter bean & spinach <b>£5</b>	Carrot, turmeric & ginger <b>£5</b>	Cauliflower & chive <b>£5</b>	Broccoli & kale <b>£5</b>	Curried sweet potato & coconut <b>£5</b>	Pea & watercress <b>£5</b>	Roast pepper & chickpea <b>£5</b>
	<b>Lunch 12pm-3pm</b>						
<b>Gourmet filled rolls</b>	Crayfish tails, lemon mayonnaise, radish, spring onion, rye bread <b>£6</b>						
	Heirloom tomato, baby gem, red onion, buffalo mozzarella, pesto, ciabatta <b>£5</b>						
	Salt beef, rocket, parmesan, garlic mayonnaise, sourdough <b>£6</b>						
	Red pepper houmous, roast peppers, baby spinach, sun blushed tomatoes, gluten free seeded roll <b>£5</b>						
<b>Salads</b>	Fennel, plum tomato, lemon, mint, pomegranate seeds <b>£6</b>						
	Black beans, baby spinach, heirloom tomato, cucumber, red onion, radish <b>£6</b>						
	Quinoa, beetroot, roast butternut squash, feta <b>£6</b>						
	Classic Caesar salad w/ optional anchovies <b>£6</b>						
<b>Jacket potatoes</b>	Hot filling of the day <b>£5½</b>						
	Prawns, Marie Rose sauce <b>£7</b>						
	Crayfish, lemon & dill mayonnaise <b>£7</b>						
	Cottage cheese & chive <b>£6</b>						
	Smoked cheddar <b>£6½</b>						
Roast vegetables & red pepper houmous <b>£6</b>							