

MODERN LIFE CAFÉ

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brunch Brunch Monday - Friday 9am-11.30am Weekend 10am-11.30am	Crushed avocado, two poached free range eggs, rye bread toast £8						
	Poached free range eggs, smoked ham, hollandaise, seeds, English muffin £7½						
	Sourdough toast, organic peanut butter, Tiptree raspberry jam £4½						
	Smoked salmon, scrambled egg, sourdough toast £9						
	Poached free range eggs, baby spinach, hollandaise, English muffin £7½						
	Buttermilk pancakes, bananas, blueberries, maple syrup £5½						
	Raspberry & blueberry porridge, toasted seeds, caramelised demerara £4½						
Main	Fir Tree Farm slow belly of pork, sweet & sour red cabbage, spring onion mashed potato £10	Chargrilled corn fed chicken breast, crushed new potato cake, broccoli, wild mushroom cream sauce £10½	Slow cooked Gressingham duck leg, hoisin sauce, Asian stir fry greens £10	Buttermilk fried free range chicken fillet burger, apple slaw, sweet potato fries £9½	Gnocchi bolognese, basil pesto, parmesan, garlic bread £8½	Compton Hall Farm lamb tikka masala, basmati rice, garlic naan £9	Norfolk roast beef, Yorkshire pudding, seasonal vegetables, crisp roast potatoes £10
	Grilled sea bass, pea, bean & tomato salad, herb new potatoes £10½	Loin of cod, pancetta, lemon & parsley crumb, sautéed potatoes, peas à la Française £11	Sea trout, broccoli, mashed potato, lemon & caper butter sauce £11½	Baked coley, tomato, olive, chives & red onion salad, crushed new potatoes £10½	Adnams Ale battered haddock fillet, chunky chips, pea puree, fresh lemon, tartare sauce £9	Smoked haddock & cheddar fishcake, tomato, spring onion cucumber baby spinach salad, skinny fries £9	Fir Tree Farm roast loin pork, Yorkshire pudding, seasonal vegetables, crisp roast potatoes £10
	Satay organic tofu, sweet potato, beansprouts, coconut & peanut sauce, jasmine rice £9	Grilled cauliflower steak, vine ripe cherry tomatoes, smoked cheese, tomato & oregano sauce £8	Sweet potato, pepper, squash tagine, couscous, coriander flatbread £8	Roast butternut squash & goats cheese tartlet, rocket salad £9	Organic tofu rendang, green bean sambal, fried rice £8½	Roast vegetable, spinach & ricotta lasagne, mixed leaf salad, garlic bread £8½	Nut roast, spinach, cranberry, Yorkshire pudding, seasonal vegetables, crisp roast potatoes £10
Soup & artisan roll	Butter bean & spinach £5	Carrot, turmeric & ginger £5	Cauliflower & chive £5	Broccoli & kale £5	Curried sweet potato & coconut £5	Pea & watercress £5	Roast pepper & chickpea £5
	Gourmet filled rolls Crayfish tails, lemon mayonnaise, radish, spring onion, rye bread £6 Heirloom tomato, baby gem, red onion, buffalo mozzarella, pesto, ciabatta £5 Salt beef, rocket, parmesan, garlic mayonnaise, sourdough £6 Red pepper houmous, roast peppers, baby spinach, sun blushed tomatoes, gluten free seeded roll £5						
Salads	Fennel, plum tomato, lemon, mint, pomegranate seeds £6						
	Black beans, baby spinach, heirloom tomato, cucumber, red onion, radish £6						
	Quinoa, beetroot, roast butternut squash, feta £6						
Jacket potatoes	Classic Caesar salad w/ optional anchovies £6						
	Hot filling of the day £5½						
	Prawns, Marie Rose sauce £7						
	Crayfish, lemon & dill mayonnaise £7						
Cottage cheese & chive £6							
Smoked cheddar £6½							
Roast vegetables & red pepper houmous £6							