



Summer Menu – Allergens

If you have a food allergy or intolerance, please inform a member of the team before placing your order. Please be aware that all our dishes are prepared in a mixed kitchen where nuts and gluten are present, as well as other allergens, therefore we cannot guarantee that any food item is completely 'free from' traces of allergens.

C-CELERY G-GLUTEN CR-CRUSTACEAN E-EGGS F-FISH L-LUPIN M-MILK MO-MOLLUSCS
MU-MUSTARD N-NUTS P-PEANUTS SE-SESAME S-SOYA SU-SULPHITES

Homemade soup of the day, freshly baked bread	G
Chicken liver pate, red onion jam, watercress, sour dough croutes	G/M/MU
Salt and pepper Squid, lemon and dill mayonnaise, crusty bread	G/E
Greek salad with olives, Feta cheese, cucumber, tomatoes, red onion and mint	M
Prawn and Crayfish Salad with sweet chilli, coriander and lime, citrus labneh, roasted tomatoes and artichokes	CR/M
Mascarpone and Smoked Norfolk Dapple Mac 'n' Cheese, green salad and garlic bread	G/M/MU
Adnams Ghost Ship battered 'Catch of the Day', chips, peas and tartare sauce	G/F/E
Breaded wholetail Scampi, chips, salad and tartare sauce	G/E
Chargrilled Suffolk Beef burger, melted Cheddar, toasted brioche bun, tomato relish, chips and salad	G/M
Spicy bean burger, toasted brioche bun, minted yoghurt, chips and salad (V)	G/M
Chicken Tikka Masala served with scented rice, mango chutney and toasted naan bread	G/M
Curried chickpea, cauliflower and Kale Masala with scented rice, mango chutney and toasted naan bread (V)	G/M
Stuffed roasted aubergine with Moroccan spiced lentils, dukkha and minted yogurt (V)	M
Sausages, mash and seasonal vegetables	G/M

Sides

Chips	
Add cheese	M
Seasonal salad bowl	
Bowl of seasonal veg	M
Garlic bread	G
Add cheese	M



Ploughman's

All served with crusty bread, piccalilli, Adnams Broadside chutney, pickles, fresh apple and dressed salad.

Smoked Suffolk ham and Cheddar	G/M
Triple cheese - Cheddar, Brie & Stilton (V)	G/M

Sandwiches

(v) Cheddar and Adnams Broadside chutney	G/M
Smoked Suffolk ham and English mustard	G/M/MU
Atlantic Prawns, dill and lemon mayonnaise	G/MO/E/M/MU
Tuna and pesto mayonnaise	G/F/M/N

Children's menu

Adnams Ghost Ship battered 'Catch of the Day' with chips, peas and tartare sauce	G/E/F
Breaded wholetail Scampi, chips, peas and tartare sauce	G/CR/E
Chicken curry served with scented rice and naan bread	G/M
Sausage, chips and beans	G
Ham, egg and chips	E
Ham and tomato salad with baby gem lettuce and cucumber	
Sausages, mash and seasonal vegetables	G/M

Desserts

Mango and passionfruit cheesecake, raspberry sorbet	M/E
Sticky toffee pudding with butterscotch sauce and vanilla ice cream	G/E/M
Chocolate brownie with chocolate sauce and salted caramel ice cream	G/E/M
Cheeseboard with Cheddar, Stilton, Brie, Adnams Broadside chutney, celery and biscuits	G/M
Selection of ice creams, charged by the scoop	ON REQUEST

Ice cream sundaes

Salted caramel ice cream with toffee sauce	E/M
Chocolate brownie with chocolate sauce	G/E/M
Eton Mess, berry compote, French meringue and vanilla ice cream	E/M

ADNAMs.
SOUTHWOLD

The Plough

WANGFORD

