



To Start

To share - Focaccia, olives, hummus (Ve, GFA) £6.5 (1016 Kcal)

Soup of the day, focaccia (Ve, GFA) £5.5

Mushroom pate, toasted sourdough, caramelised onion jam (Ve, GFA) £6 (578 Kcal)

Redefine, new meat kofta kebab, tzatziki, pickled red cabbage (Ve) £7 (250 Kcal)

Sweetcorn & black bean tacos (Ve) £6 (302 Kcal)

Mains

'Woodlands' Redefine, new meat burger, ciabatta, pickle, garlic mayo, baby gem, tomato, coleslaw served with triple cooked chips (Ve) £16.5 (949 Kcal)

Beer battered artichoke, roasted smashed potatoes, pea puree, lemon and caper mayonnaise (Ve, GFA) £15 (801 Kcal)

Summer risotto, lemon & herb butter (Ve, GFA) £14 (565 Kcal)

English mussels, white wine cream sauce, french fries (GFA) £16 (726 Kcal)

Wild mushroom tagliatelle, pesto cream sauce, rocket (Ve) £15 (642 Kcal)

Chicken caesar salad, baby gem, croutons, parmesan, crispy bacon & boiled egg (GFA) £14 (876 Kcal)

Vegetable & tofu pad thai, peanuts & lime (Ve, GFA) £14 (662 Kcal)

Redefine, new meat kofta kebab, flat bread, tzatziki, pickled red cabbage, salad (Ve) £17 (832 Kcal)

Sides

Fries (GFA, Ve) £3.5 (296 Kcal)

Rocket & pine nut salad (GF, Ve) £3.5 (175 Kcal)

Onion rings (Ve, GFA) £3.5 (106 Kcal)

Statement of daily calorie needed (adults need around 2000 kcal a day)

GF - Made without Gluten GFA - Gluten free available

Concerns about allergies & intolerances? Visit allergymenu.uk & enter the code BAN474





BURY ST EDMUNDS

Sandwiches on white or granary / Wraps

Served with coleslaw & salad

Hoi sin seitan, cucumber, spring onion, celery wrap (Ve) £8.5 (874 Kcal)

Falafel, red pepper & tomato wrap (Ve) £8.5 (598 Kcal)

BLT classic club sandwich £9 (GFA) (731 Kcal)

Egg mayonnaise & watercress sandwich (GFA) £8.5 (607 Kcal)

Cheese & tomato chutney sandwich (GFA) £8.5 (823 Kcal)

Desserts

Lime vienetta, coconut sorbet (Ve,GFA) £6.5 (361 Kcal)

Chocolate fondant tart, peanut butter ice cream (Ve) £6.5 (609 Kcal)

Cheesecake of the day (Ve) £6.5

Mango curd, shortbread & meringue (Ve) £6.5 (510 Kcal)

Selection of ice creams (Ve,GFA) £5 (307 Kcal)

Classic Afternoon Tea

Afternoon tea needs to be ordered before 12 noon on the day, served daily between 3pm - 6pm

Why not upgrade your afternoon tea to champagne for £4 pp

Served with fruit scones, clotted cream, jam with a selection of sandwiches and a range of indulgent cakes with

unlimited tea and coffee (Gf Poss, Ve Poss)

£21 per person

Fruit scone, served with whipped coconut cream or clotted cream & jam (Gf Poss, Ve Poss)

£4 (670 Kcal, 827 Kcal)



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