

Drinks

Milk – choice of milks or alternatives include Regular Milk, Soya, Almond, Coconut, Lacto Free or Rice Milk

Tea £2.00

Kandula Ceylon whole leaf teas

An independent tea company based in the heart of East Anglia

Served in a Tea Pot

English Breakfast
Earl Grey
Strawberry Hibiscus
Ebony Chai
Afternoon Ceylon (*Served Black*)
Green Ceylon (*Delicate Tea*)
Pink Ceylon (*Delicate Tea*)
Ivory White
Herbal Teas
Chamomile Rose
Moroccan Mint
Lemon Ginger
Peppermint Leaf
Rooibos Vanilla Chai
Spiced Mango Green
Other Teas
Nettle
Hibiscus Rosehip & Spearmint



Coffee

Single origin bean. Rainforest Alliance

Freshly ground when we make your coffee

Roasted to order every week in Norfolk (Coffee Magic of Attleborough)

Americano	M / L	£1.85 / £2.05
Latte	M / L	£2.00 / £2.35
Cappuccino	M / L	£2.00 / £2.35
Mocha (<i>Hot Chocolate with Coffee Shot</i>)	M	£2.80
Espresso (<i>Aeropress Version</i>)	S / D	£1.45 / £1.80
Flat White	M	£2.40
Macchiato	M/L	£2.00 / £2.35

Baby Chino (*for the little ones*) £1.00

Decaf - for all above -fresh ground & roasted bean

Chicory Coffee £1.30

Other Hot Drinks

Hot Chocolate £2.40

Choice of Choc Shot – Regular, Orange or Coconut.

Can be made Dairy Free / Vegan

Chai Latte M / L £2.00 / £2.35

Add a shot of Syrup to any drink £0.40

Add Marshmallows & Whippy Cream £0.50

Traditional Japanese Matcha (Hot Shot or £2.00

Long Iced)

Matcha Latte made with Almond milk £3.00

Soft Drinks

Choose from our Fridge

San Pellegrino £1.20

Cawston Press sparkling £1.20

Cawston Press Still (Childrens) £1.20

Coca-Cola £1.20

Regular or Diet (*Served with*

the Glass Coca-Cola Bottle)

Fentimans Botanical £1.80

Flavoured Milk (Koko Coconut Milk – £1.20

Strawberry or Chocolate carton) DF / VE

Water

Sparkling or Still £1.20

Fresh Orange or Apple Juice £1.20

Norfolk Cordial with Still or Sparkling Water £1.70

Raspberry, Elderflower & Cucumber, Blackberry, Redcurrant

& Grapefruit, Rhubarb, Orange & Ginger, Strawberry &

Lime, Wild Elderflower

Alcoholic Beverages

Wines, Beers & Sprits by the glass

Wine of the day

Red White & Rose Wine 125ml £2.75

175ml £4.00

Beers & Cider

As per the 'The Bar Menu' on the wall at the counter

Rolls & Wraps or Toasties

Rolls/Wraps & Toasties are served with Lentil Crisps and Salad

Children's Portion available

Filled Rolls or Filled Wraps Choose Filling £5.00

from Below

Variety of Seeded or Plain Rolls

Toasties Choose Filling from Below £5.00

Roll and Wrap Fillings

Houmous & Pesto

Egg, Bacon & Rocket

Chicken Salad

Chicken with Tomato & Chilli Jam

Egg Mayo & Cress

Tuna & Mayo

Chicken & Bacon Club

Sweet Chilli Chicken

BLT

Houmous & Grape

Bacon Roll

Pulled Ham with Carrot & Onion Mayonnaise

Toasties Fillings

Cheese

Cheese & Bacon

Cheese & Ham

Cheese & Onion

Cheese & Pickle

Cheese & Tuna

Ham with Spiced Bean Chutney

Mozzarella, Tomato & Pesto

Light Meals

Salads *Served with Baguette Slices & Balsamic Dip*

Greek Salad with Feta Cheese & Olives V £7.50

Tuna Nicoise with Egg & Olives £7.50

Ploughman's with Cheddar, Pickle & £7.50

Ham

Quinoa & Chicken with Grapes & Almonds £7.50

Mexican Bean salad with Chilli & Lime Dressing

served with Tortilla Chips instead of Baguette V/VE £7.50

Falafel & Houmous Salad V/VE £7.50

Other

Sharing Cured Meat Platter for 2 DF £12.95

(very low fat, less than 6%)

4 Fennel Salami, 4 Red Wine and Black Pepper, 2 Lomo and 2

Bresaola

Served with Olives, Houmous, Rocket with Flatbread Strips.

East Anglian & Free Range meat supplied by Marsh Pig

charcuterie Norwich



Savouries

*Most items on the menu can be adapted to be Dairy Free.
Egg Free/Vegan Rolls and Dairy Free Cheese are available
PLEASE ASK*

Breakfast Items (Served until 11:30am)

Beans on Toasted Bagel <small>(or Bread) DF</small>	£3.20
Eggs on Toast <i>Poached, Fried or Scrambled DF</i>	£5.50
Bacon Roll <i>Smoked Redenhall Streaky Bacon DF</i>	£5.00
Porridge <i>Choice of two toppings - Honey, Raw Cacao, Berries, Cinnamon or Mixed Seeds</i>	£3.50

Pies *subject to availability



Choose Your Pie or Quiche from Our Fridge

Meat, Vegetarian & Vegan Options

Now Choose Your Side

• Pie on its own	£4.50
<i>Just as it comes</i>	
• As a Pie Ploughman's	£6.95
<i>Pie on a slate with Cheese, Pickle, Roll & Butter - Side Salad (Ask for EF/VE roll or DF Cheese if required)</i>	
• Pie & Side	£5.50
<i>Served with Lentil Chips & Salad</i>	
Add Gravy <i>as extra</i> DF	£0.80
For "Home Cooked 4 You" Pies	Add £1.00

**VOAKES...
FREE FROM**



*Welcome to
The Gluten Free
Café*
"Where everything is gluten
free"

Menu

Café With the SHOP Upstairs

Gnocchi or Pasta *Served with Garlic Bread* **£6.00**
Your choice of Sauce DF/V/VE
Rich Tomato & Basil Sauce or Pesto & Olive Oil

Poached Egg on Toasted New York or Sesame Seed Bagel V **£5.50**

Toasted New York or Sesame Seed Bagel **£3.20**
Choice of Jam, Local Honey, Marmalade, Cream Cheese or Peanut Butter

Hot Cheesy Doughballs **£3.00**
Choice of Dips -Sweet Chilli, BBQ, Mayo or Garlic Mayo

Sides **£1.70**

Olives	DF/EF/VE
Baguette slices with Olive Oil & Balsamic Dip	DF/EF/VE
Baked Beans	DF/EF/VE
Toast (2 Rounds) with butter	DF
Cheese portion	
Mushy Peas & Gravy	DF
Garlic Bread VE <i>(Add Cheese, extra 50p)</i>	
Plain Side Salad	DF/EF/VE
Bacon	DF/EF

Desserts

Hot Chocolate Fudge Cake **£3.00**

Raw Chocolate Mousse Parfait Tart **£3.95**
Refined Sugar Free DF/VE

Booja-Booja DF/VE Ice Cream **£2.75**

Dairy Ice-Cream **£1.75**

Extra's **£0.50**

Double Cream *(Soya Cream available)*
Clotted Cream
Chocolate or Strawberry Sauce
Chopped Nuts

Butter available on request otherwise dairy free option served

DF - Dairy free **SF** - Soya Free **EF** - Egg Free

V - Vegetarian **VE** - Vegan

*Menu Subject to change

*Everything on our menu really is
Gluten free*