

BREAKFAST

served 9am-11.30am

Continental

Croissant (G,M)	£2.00
Almond croissant (G,M,N)	£2.00
Chocolate croissant (G,M)	£2.00
Greek yoghurt, mixed berry compote & granola (G,M)	£3.95
Tiptree strawberry jam & butter (M)	£1.00

Hot breakfast bagels & ciabatta

£5.95

Sausage, streaky bacon & fried egg bap (G,M,E,S)
Smoked salmon, guacamole & cream cheese bagel (G,F,M)
Halloumi, field mushroom, avocado & tomato chutney bagel v (G,M,S)
Croque monsieur, Suffolk ham & mature cheddar bap (G,M,Mu,S)

PANINIS

Toasted to Order Served 12-4pm

Parma ham	£7.00
Mozzarella, tomato, rocket & balsamic glaze (G,M)	
Chicken	£6.50
Mozzarella, pesto & sundried tomato (G,M,N)	
Tuna	£6.50
Sundried tomato, cheddar cheese & jalapeño (F,G,M)	
Mozzarella v	£6.50
Basil pesto, tomato chutney & rocket (G,M,N)	

CAKE

Scones Tiptree jam & clotted cream (G,M)	£3.85
Selection of muffins (G,M,E)	£3.50



BAGUETTES

Served 12-4pm

Prawn mayonnaise	£6.75
Baby gem lettuce & cucumber (G,C,E,M,Mu)	
Salami	£6.50
Lettuce, tomato & siracha mayonnaise (G,M,E,Mu)	
Chicken	£5.50
Chorizo, guacamole & chimichurri (G,M)	
Goats cheese v	£5.50
Red onion marmalade, avocado & rocket (G,M)	

LUNCH & DINNER

served 12pm onwards

SALADS

Caesar salad	£5.50
With anchovies & parmesan (F,Mu,G,M)	
Caprese	£5.50
Tomato & mozzarella with pesto & fresh basil (M,N)	
Superfood salad	£5.50
Roasted butternut squash, broccoli, quinoa, avocado, sunflower, pumpkin seeds, coriander yoghurt & chilli (M)	
Add to your salad	
• Tiger prawn (C) add £3.50 • Chicken add £3.50	

PIZZAS

Margherita	£9.00
Our own recipe tomato sauce, mozzarella & basil (G,M)	
Pepperoni	£11.00
Tomato, mozzarella, pepperoni & jalapeño (G,M)	
The spicy	£11.00
Nduja, salami, fennel sausage, peppers, garlic & siracha mayonnaise (G,M,E,Mu)	
The old goat	£10.00
Goats cheese, red onion chutney, mozzarella, artichoke & rocket (G,M)	
Eat your greens	£10.00
Kale, tenderstem broccoli, courgette, mozzarella, chilli flake & basil pesto (G,M,N)	
Truffled funghi	£11.00
Prosciutto, mozzarella, mushroom & truffle honey (G,M,S)	
Out to sea	£12.00
Tiger prawn, tomato, olive, basil & chimichurri (G,M,C)	
GLUTEN FREE BASE ADD £2.50	

PASTA

Wild mushroom ravioli	£7.50
Mushroom sauce, pecorino, rocket & balsamic dressing (G,M,S)	
Rigatoni	£8.00
Nduja, fennel sausage, tomato, mozzarella & basil (G,M,S)	
Prawn & mussel farfalle	£9.50
Shellfish bisque, samphire & preserved lemon (G,M,S,C,Mo)	
GLUTEN FREE PENNE AVAILABLE	

DESSERTS

Classic tiramisu (M,G,E)	£5.75	Gelato ice cream from the kiosk (M,E)	£5.75
Lemon pannacotta with almond biscotti (M,G,E,N)	£5.75	Affogato	£5.75
Chocolate mousse with Chantilly & Kirsch cherries (M,S)	£5.75	Classic , a double espresso over vanilla gelato (M)	
		Lemon , a double limoncello over lemon sorbet	

Allergen Key: Milk-M, Crustaceans-C, Celery-Ce, Egg-E, Sulphates-S, Soya-So, Sesame-Se, Fish-F, Mustard-Mu, Nuts-N, Gluten-G, Peanuts-P, Lupin-L, Molluscs-Mo

Notification of a food allergy will mean your dishes will be served with a small MH&R flag. If not please check with one of our team members before starting your food.

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HOT DRINKS

Americano	£2.95	Hoogly Tea	£3.00
Espresso single/ double	£2.40 / £2.95	English Breakfast, Decaf English Breakfast, Earl Grey, Chill Out Mint, Classic Green, Cosy Chamomile	
Flat White	£3.40		
Latte	£3.40	Hot Chocolate	£3.40
Cappuccino	£3.40	Alternative Milk	0.25p

SOFT DRINKS

Cano Water 330ml	£2.00
7UP Free 330ml	£2.90
Coca Cola 330ml	£2.90
Diet Coke 330ml	£2.90
J2o Orange, Apple	£2.20
Eager Juices Orange, Apple, Cranberry	£2.00

SNACKS

Glass of Nuts (N)	£2.50
Glass of Olives	£2.50



BEER/CIDER/COCKTAILS

Peroni 330ml	£5.50
Peroni 0% 330ml	£4.50
Shipyard IPA 500ml	£6.50
Aspall Cyder 330ml	£6.50
San Miguel 330ml	£4.25
Kopparberg Mixed Fruit 330ml	£5.50
Pimm's & Lemonade	£6.50

WINES

WHITE

Colombard/Ugni Blanc, Cuvee de Roy Sec , IGP, COTE DE GASCOGNE, FRANCE	£5.50	£22.00
Morgassi Superiore, Volo Gavi del Comune di Gavi , PIEDMONT, ITALY	£9.50	£38.00

RED

Cab.Sav/Merlot/Tannet, Cuvee de Roy Rouge , IGP, COTE DE GASCOGNE FRANCE	£5.50	£22.00
Masseria Li Veli Orion Primitivo , PUGLIA, ITALY	£9.00	£36.00

ROSE

Sab.Sav/Merlot, Cuvee du Roy Rosé , IGP, COMTE TOLOSAN, FRANCE	£5.50	£22.00
Les Lauriers, Cinsault/Grenache Rosé , FRANCE	£8.00	£32.00

Tosti Prosecco, NV , PIEDMONT, ITALY	£6.00	£28.00
Dal Bello Prosecco Rosé, Treviso DOC, NV , VENETO, ITALY	£6.00	£28.00



ALL PRICES ARE IN £ AND INCLUDE VAT. WINES BY THE GLASS ARE ALSO AVAILABLE IN 125ML.
WINES ON THIS LIST MAY CONTAIN SULPHITES, EGG OR MILK PRODUCTS.
PLEASE ASK A MEMBER OF STAFF SHOULD YOU REQUIRE GUIDANCE.