

		Kcal	Price
	Small Plates	Kcai	11100
(v, gf)	Garlic and rosemary infused halloumi cheese sticks, sweet chilli jam, spring onion, coriander	570	£9.50
(pb)	Marinated olives, hummus, grilled pitta	430	£7.00
	Beetroot cured salmon, crème fraiche, trout caviar, dressed leaves, bread	355	£13.00
	Breaded whitebait, tossed in paprika, shallot and parsley, garlic aioli	663	£9.50
(pb)	Warm mediterranean vegetable and vegan feta open tart, rocket leaves, sunflower and pumpkin seed basil pesto	376	£9.50
(gfa)	Suffolk smokies: Flaked local smoked haddock, cheese sauce, bread and butter, mixed leaves	445	£9.50
	Sandwiches and Bagels (served lunchtimes only)		
	All served with dressed salad		
(v)	Mature cheddar and Suffolk chutney sandwich served in white or granary bread	506	£9.00
	Tuna, mayonnaise and cucumber sandwich served in white or granary bread	538	£9.50
	Coronation chicken, sultana and baby gem lettuce served in white or granary bread	439	£9.50
	Smoked salmon, whipped lemon and chive crème fraiche bagel	431	£10.00
	Salt beef, wholegrain mustard, pickles and sauerkraut bagel	328	£10.00
	Side Orders		
(pb)	Proper pub chips with garlic aioli (add cheese £1.50)	786	£5.50
	Chunky chips loaded with pulled pork, melted cheese and jalapenos	1112	£9.00
(pb)	Garden salad with house dressing	99	£4.00
(pb)	Seasonal greens	388	£4.00

	Main Courses	Kcal	Price
	Adnams beer battered fish and chips, garden peas, tartare sauce, lemon wedge *50p from every fish and chips purchased is donated to support the charitable works of the Adnams Community Trust	1389	£18.50
	Scampi and chips, garden peas, tartare sauce, lemon wedge	1248	£18.50
	Barbecue pulled pork in a pretzel roll with sweetcorn relish, baby gem lettuce and crushed nachos, served with chunky chips	1301	£18.00
(gfa)	Suffolk ham, Low Farm eggs and thick cut chips with spiced, salted and brined grilled pineapple	1088	£17.00
(gf)	The Bell's classic fish pie, topped with cheesy mash and served with seasonal greens	668	£20.00
(gf)	Classic Caesar salad with anchovies, boiled egg and gluten free croutons (add chicken £4.00 add bacon £2.00)	530	£12.00
(pb)	Israeli couscous salad (tomato, cucumber, shallots, dill, mint and parsley), with vegan feta and olive mix, falafel and harissa coconut yogurt dressing	642	£14.50
(pb)	Creamy wild mushroom and tomato linguine with sunflower and pumpkin seed basil pesto and grilled asparagus	640	£18.00
	Catch of the day: See our specials board	VAR	VAR
	Puddings		
	Eton mess with summer berries and Chantilly cream	580	£8.50
	Chocolate and pistachio semifreddo with orange sponge and orange gel	882	£8.50
	Vanilla pannacotta with coconut rum charred pineapple and coconut sorbet	320	£8.50
	Cheese of the day, quince jelly, crackers	VAR	£9.50
	Selection of Suffolk Meadow ice creams or sorbets (per scoop)	170	£2.50

Our menus are locally sourced, responsibly produced and sustainably delivered (pb) = Plant Based / Vegan (v) = Vegetarian (gf) = Gluten Free (gfa) = Gluten Free Available For allergy information, please speak to a member of our team.

Adults need around 2000 Kcals a day.

\*For more information on the Adnams Community Trust please scan the QR code

