

# Café Graze

## LUNCH MENU

Served from 11:30



**Soup of the day** £6.20

served with rustic bread 465-499 kcal

**Battered cod** £13.50

served with chunky chips and garden peas 738 kcal

**Chicken tikka masala** £13.50

served with basmati rice & garlic, coriander naan bread 663 kcal

**Vegetarian lasagne** £12.95

served with salad & garlic bread 458 kcal

**Chunky vegetable chilli** £12.95

served with basmati rice & sour cream 632 kcal



**Traditional pie of the day** £13.50

served with new potatoes, garden peas & gravy 605-652 kcal

**Southern fried chicken goujons** £13.50

served with chunky chips & baked beans 833 kcal

**Farmhouse sausages** £12.50

served with chunky chips, peas & gravy 767 kcal

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**Jacket potato & topping** ..... £6.95

**Chicken tikka masala** 571 kcal

**Chunky vegetable chilli** 417 kcal

**Baked beans** 214 kcal

**Homemade coleslaw** 537 kcal

**Add cheese** 207 kcal ..... £1.20

All served with side salad 18 kcal



**Something on the side**

**Bowl of chunky chips** 357 kcal .... £3.50

**Cheesy chips** 565 kcal ..... £4.50

**Coleslaw** 205 kcal ..... £3.25

**Garlic bread** 299 kcal ..... £3.15

**Side salad** 18 kcal ..... £3.15

**Spicy wedges** 67 kcal ..... £3.50

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Allergens - if you require information regarding the presence of allergens in any of our food or drink, please ask. While a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients. Adults need around 2000 kcal a day. **Kcal per serving**. Subject to availability.

# Café Graze

## KIDS MENU

Served from 11:30

### Battered cod **£6.95**

served with chunky chips and garden peas **369 kcal**

### Chicken tikka masala **£6.95**

served with basmati rice & garlic, coriander naan bread **332 kcal**



### Vegetarian lasagne **£6.95**

served with salad & garlic bread **229 kcal**

### Chunky vegetable chilli **£6.95**

served with basmati rice & sour cream **316 kcal**

### Southern fried chicken goujons **£6.95**

served with chunky chips & baked beans **417 kcal**

### Farmhouse sausages **£6.95**

served with chunky chips, peas & gravy **384 kcal**



### Jacket potato & topping **£4.95**

Chicken tikka masala **286 kcal**

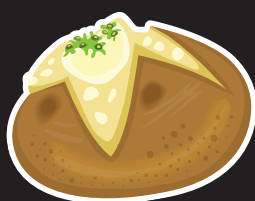
Baked beans **107 kcal**

Chunky vegetable chilli **209 kcal**

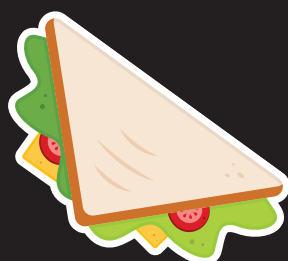
Homemade coleslaw **269 kcal**

Add cheese **104 kcal** **£0.60**

All served with side salad **10 kcal**



All the meals above are served with 12oz soft drink



### Jungle picnic box **£6.95**

Ham or cheese sandwich, animal crisps,  
raisins, juice and an apple or orange

Available all day **479-505 kcal**



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## DRINKS

### Hot Drinks



<b>Breakfast tea</b>	12oz 12 kcal .....	£2.60
	16oz 16 kcal .....	£3.20
<b>Flavoured tea</b>	12oz 0 kcal .....	£2.70
	16oz 0 kcal .....	£3.30
<b>Americano</b>	12oz 4 kcal .....	£3.75
	16oz 6 kcal .....	£3.95
<b>Espresso</b>	12oz 4 kcal .....	£3.75
<b>Cappuccino</b>	12oz 49 kcal .....	£3.95
	16oz 66 kcal .....	£4.30
<b>Latte</b>	12oz 84 kcal .....	£3.95
	16oz 112 kcal .....	£4.30
<b>Hot chocolate</b>	12oz 133 kcal .....	£3.95
	16oz 176 kcal .....	£4.30
<b>Hot chocolate deluxe</b>	12oz 383 kcal .....	£4.95
<b>Mocha</b>	12oz 114 kcal .....	£4.10
	16oz 192 kcal .....	£4.40
<b>Flat white</b>	12oz 89 kcal .....	£3.95
<b>Add caramel/hazelnut/ vanilla syrup</b> .....		£0.70

All our drinks are made with semi-skimmed milk. Please let us know if you would like to change to oat or soya. We use the same milk steamer for all milk. Therefore, there is a risk of cross contamination.

Got a  
reusable  
cup?



Great! We'll charge you 25p less when you use it

### Cold Drinks



<b>Pepsi</b> 16 oz 200 kcal .....	£3.50
<b>Pepsi max</b> 16 oz 1kcal .....	£3.50
<b>Tango orange</b> 16 oz 95 kcal .....	£3.50
<b>R-Whites</b> 16 oz 51 kcal .....	£3.50
<b>Frobishers</b> 250ml 90-150kcal .....	£3.50
<b>Breckland</b> 275ml 78-119 kcal .....	£3.50
<b>Jimmy's iced coffee</b>	
275ml 108-163 kcal .....	£4.20
<b>Radnor apple/orange</b>	
200ml 52 kcal .....	£1.95
<b>Water</b> 500ml 0 kcal .....	£3.00

### Alcoholic Drinks

<b>Budweiser</b>	
330ml 4.5% abv 145 kcal .....	£4.95
<b>Bulmers cider</b>	
500ml 4.5 % abv 210 kcal .....	£5.95
<b>Bulmers red berries &amp; lime</b>	
500ml 4% abv 275 kcal .....	£5.95
<b>Tosti prosecco</b>	
20cl 11% abv 140 kcal .....	£6.50

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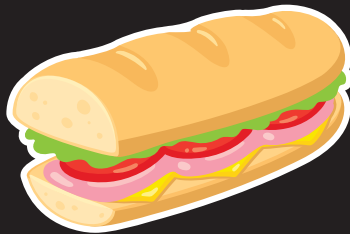
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## SNACKS

### Savoury Snacks

Deli sandwich 320-503 kcal .....	£4.75
Wraps 420-789 kcal .....	£5.50
Baguette 609-740 kcal .....	£5.50



Bowl of chunky chips 357 kcal .....	£3.50
Cheesy chips 564 kcal .....	£4.50
Salad bowls 130-271 kcal .....	£5.25
Crisps 198-215 kcal .....	£1.50
Animal adventures 101 kcal .....	£1.20



### Jude's Ice Cream



Jude's milk lollies 28 kcal .....	£1.80
Little jude's fruit rocket 24 kcal .....	£2.50
Little jude's fruit twist 32 kcal .....	£2.00
Jude's stick bars 114-191 kcal .....	£3.10
Very vanilla 132 kcal .....	£3.00
Vegan chocolate 139 kcal .....	£3.00
Vegan strawberry 132 kcal .....	£3.00

### Sweet Snacks

Blueberry muffin 490 kcal .....	£3.25
Double chocolate muffin 620 kcal ...	£3.25
Raspberry & white chocolate muffin 501 kcal .....	£3.25



Vanilla donut 312 kcal .....	£2.95
Pink velvet donut 256 kcal .....	£2.95
Cocoa crème donut 373 kcal .....	£2.95
Oh, so scrummy cookie 252 kcal .....	£3.00
Oh, so scrummy flapjack 465 kcal....	£3.15
Mrs crimble's 306 kcal .....	£2.30
Cupcake 310-400 kcal .....	£3.20
Fresh fruit 29-89 kcal .....	£0.95
Kit kat 209 kcal .....	£1.10
Fruit pastilles 171 kcal .....	£0.90
Smarties 132 kcal .....	£1.00
Aero peppermint 193 kcal .....	£1.20

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