

### Appetisers:

<b>Hummus</b> – Pitta Bread + Red Pepper Coulis	<b>£3.50</b>
<b>Mini Bread Rolls</b> – Oil and Balsamic	<b>£3.50</b>
<b>Mixed Olives</b> -	<b>£3.50</b>
<b>Garlic Bread</b> (Add Cheese for 50p)	<b>£3.50</b>

### Starters:

<b>Soup of the Day</b> – Crusty Roll	<b>£5.50</b>
<b>Beetroot and Citrus Cured Salmon</b> – Horseradish Cream and Babybeets	<b>£7.95</b>
<b>Whitebait</b> – Garlic Mayonnaise	<b>£6.25</b>
<b>Sands Crab Cake</b> - Asian Slaw and Homemade Sweet Chilli Mayo	<b>£7.95</b>
<b>BBQ Pulled Pork Pot</b> – Mixed Leaf and Toast	<b>£7.25</b>

### Children:

<b>Battered Cod and Chips</b>	
<b>Chicken Breast Chunks and Chips</b>	
<b>Scampi and Chips</b>	
Served with Choice of Beans or Peas	
<b>Homemade Cheese Burger, Chips and Salad.</b>	
<b>Macaroni Cheese + Garlic Bread.</b>	
	<b>£6.50</b>

**INCLUDES CARTON OF APPLE OR ORANGE JUICE**

### FROM THE LAND:

<b>'SANDS OF TIME' Burger</b> -	<b>£14.25</b>
6oz Prime Beef Burger. Cheese, Bacon, Onion Rings, Beef Tomato on a Bed of Mixed Leaves in a Brioche Bun, served with Chips and Burger Relish.	
<b>8oz Sirloin Steak</b> -	<b>£19.95</b>
Home Battered Onion Rings, Tomato, Mushroom and Handcut Chunky Chips (Add 4xGarlic King Prawns £3.00)	
<b>Gammon</b> – Chips and Garden Peas	<b>£11.95</b>
Fried Egg - 50p Pineapple Ring -50p	
<b>Trio of Local Pork</b> -	<b>£16.95</b>
Tenderloin Medallions, Braised Belly, Pork Shoulder Faggot. Pomme Pave, Roast Carrot, Roast Parsnip, Savoy Cabbage and Apple Cream Reduction	

### Side Orders

<b>Garlic Bread</b> (Add Cheese for 50p)	<b>£3.50</b>
<b>Bucket of Chips</b>	<b>£3.00</b>
<b>Mixed Leaf Salad</b>	<b>£3.00</b>
<b>Onion Rings</b>	<b>£3.95</b>
<b>Bread and Butter (2x Slices)</b>	<b>£1.75</b>
<b>Halloumi Fries + Chilli Jam</b>	<b>£5.50</b>

### Mains:

<b>Battered Cod and Chips</b>	<b>£11.95</b>
Garden Peas and Homemade Tartare	
<b>Wholetail Scampi and Chips</b>	<b>£11.95</b>
Garden Peas and Homemade Tartare	
<b>Seafood Platter</b> –	<b>£16.95</b>
Prawns, Crayfish, Garlic Squid Rings, Beetroot Cured Salmon, Shell on Prawns, Scampi, Pan-Seared Tuna, Whitebait, Cockle Meat, Chips and Mixed Leaf.	
<b>Sea Trout Fillet</b> -	<b>£14.95</b>
Lyonnaise Potatoes, Roasted Celeriac, Green Beans, Cashew Nuts, Poached Egg and Hollandaise	
<b>Whole Plaice (Head Off)</b> -	<b>£13.95</b>
Caper Buerre Noisette, New Potatoes and Salad with Homemade Dressing	
<b>Parmesan Crusted Seabream Fillet</b> -	<b>£14.50</b>
Ratatouille, Saffron Rice and Charred Lime	
<b>Brie, Broccoli and Spinach Gnocchi Bake</b> -	<b>£12.95</b>
Garlic Bread and Mixed Leaves	

### Baguette, Jacket Potato or Bloomer: (Lunch Only)

Served with Crisps and Salad

<b>Tuna Mayo and Cheese</b>	
<b>Homemade Chicken Tikka</b>	
<b>Prawns and Crayfish with Marie Rose</b>	
<b>Roasted Mediterranean Veg and Feta Cheese</b>	
<b>Bacon, Cheddar and Caramelised Onion</b>	
	<b>£6.95</b>

### Bitter, Lager and Cider

<b>Adnams Southwold 500ml</b>	<b>£4.70</b>
<b>Adnams Ghost Ship 500ml</b>	<b>£4.70</b>
<b>Adnams Ghost Ship 500ml (Alcohol Free)</b>	<b>£4.70</b>
<b>Adnams Lighthouse 500ml</b>	<b>£4.70</b>
<b>Peroni 330ml</b>	<b>£4.00</b>
<b>Becks 275ml</b>	<b>£3.50</b>
<b>Bitburger with Grapefruit 330ml (Alcohol Free)</b>	<b>£3.40</b>
<b>Aspall 330ml</b>	<b>£4.00</b>
<b>Local Wells Cider 500ml</b>	<b>£4.70</b>

### Tea and Coffee:

<b>Americano</b>	<b>£2.20</b>	<b>Breakfast Tea</b>	<b>£2.00</b>
<b>Cappuccino</b>	<b>£2.60</b>	<b>Earl Grey</b>	<b>£2.10</b>
<b>Latte</b>	<b>£2.60</b>	<b>Peppermint</b>	<b>£2.10</b>
<b>Mocha</b>	<b>£2.60</b>	<b>Chamomile</b>	<b>£2.10</b>
<b>Espresso</b>	<b>£2.10</b>	<b>Fruit</b>	<b>£2.10</b>
<b>Hot Chocolate</b>	<b>£3.00</b>	<b>Green</b>	<b>£2.10</b>
(Cream and Marshmallows +50p)			

**PLEASE INFORM STAFF OF ANY ALLERGENS OR DIETARY REQUIREMENTS**

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