your choice

Lunch 12 noon – 2.30pm

DinnerSunday - Thursday
6pm - 9pm

Friday - Saturday 6pm - 9.30pm



Locally baked Bread £2.95

Mediterranean Mix, Green and Black Olives

Locally baked Bread with a selection of Mixed Olives ± 4.95

beginning

Homemade Soup of the Day

Served with chunky Granary Bread £5.25

Pan Fried Ham Hock and Wild Mushrooms

Served with Piccalilli and dressed Leaves £6.25

Feta and Sun Blushed Tomato Salad

Served with Olives and a Balsamic Syrup £5.95



main event

8oz Dedham Vale Burger

8oz Burger with Emmental Cheese served with Maris Piper Chips, Tiptree Ketchup, Rocket and Onion Salad £11.95

£14.95 (served with Smoked Bacon)

Beer Battered Cod

Crisp Battered Cod, Maris Piper Chips, buttered Peas and Tartar Sauce £13.25

Suffolk Chicken and Pancetta Caesar Salad

With White Anchovies and freshly grated Parmesan (Caesar Dressing contains Anchovies) £12.00

Risotto of the Week

(See Board) £11.25

Authentic Regional Curry

Served with traditional Accompaniments (See Board) £13.95

little extras

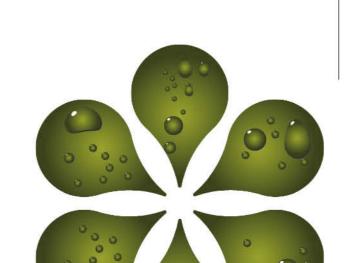
New Potatoes or Maris Piper Chunky Chips

Buttered Cabbage

Steamed Greens

Mixed Leaf Salad

£2.50 each





Chocolate Brownie

Served with Chocolate Sauce and Vanilla Ice Cream £6.50

Scone with Clotted Cream

And Tiptree Strawberry Jam £5.50

A selection of Homemade Sorbets and Ice Creams ± 4.95

cheeses

A Selection of British and Continental Artisan Cheeses served with Grapes, Celery and Biscuits £7.25

lifehouse

spa & hotel

liqueur coffees

Calypso Coffee (Tia Maria)
Irish Coffee (Irish Whiskey)
Caribbean Coffee (Dark Rum)
French Coffee (Brandy)
£5.50 each

Espresso Martini (Vodka & Tia Maria) £8.90