

## BREAKFAST

### Super food Breakfast

Quinoa, eggs, cherry tomatoes, avocado & spinach topped with poached eggs  
**£7.25**

Yummy bowl with soaked overnight oats, almond & coconut milk, banana, mango, raw cacao, chia seeds, sunflower seeds, cinnamon, cardamom, topped with fresh tropical fruits  
**£6.95**

### The Big Breakfast

2 local free range eggs, 2 smoked bacon rashers, 2 sausages, bubble & squeak, grilled tomato, field mushrooms & baked beans, rack of toast & assorted jams  
**£8.25**

### Full English breakfast

Free range egg, smoked Old spot back bacon & sausage, tomato, mushroom, beans, rack of toast, butter & assorted jams  
**£7.95**

### Vegetarian Breakfast

Two lightly poached eggs, pan-fried halloumi, avocado, Portobello mushroom & slow roast tomato on sourdough toast  
**£7.25**

### Eggs Benedict

Two lightly poached eggs, on a hot buttery muffin with locally carved ham & a piquant hollandaise sauce with fresh chives  
**£7.95**

### Bury St Edmunds "Royal" Benedict

Two lightly poached eggs, on a hot buttery muffin with smoked salmon & a buttery hollandaise sauce  
**£8.95**

### Little ones Breakfast

1 Sausage, 1 bacon, 1 fried egg, beans, 1 toast & butter  
**£4.95**

### Toddler Bowl

(2 hot breakfast items in a bowl - chopped with toast fingers)  
**£3.00**

### Locally baked Brioche Bap From The Friendly Loaf Bakery

Bacon	£4.50
Sausage	£4.50
Fried Eggs	£3.00
Mushroom & Halloumi	£3.50

## CAKES & BAKES

All our cakes are made in-house and our bakery items are from The Friendly Loaf Bakery

Croissant	£2.25
Almond croissant	£2.75
Pain au chocolate	£2.75
Double chocolate brownie (VG, GF)	£3.25
Vegan choc chip cookies (VE)	£3.25
Vegan & gluten free flapjack (VE/GF)	£3.25
Carrot & cream cheesecake	£3.25
Spelt banana loaf	£3.25
Lemon drizzle loaf	£3.25
Orange, pistachio & polenta cake (VG)	£3.25
Black pear & almond tart	£3.25
Chocolate & raspberry cake (VG)	£3.25
Coffee & pecan cake	£3.25
Red velvet cake	£3.25
Chocolate fudge cake	£3.25
Victoria Sandwich	£3.25

## COFFEE & TEA

### Locally roasted single origin coffee

Caffe Americano	£2.90
Caffe Latte	£3.20
Cappuccino	£3.20
Caramel Macchiato	£3.20
Single Espresso	£2.40
Double Espresso	£2.70
Flat White	£3.20
Vanilla Spice Latte	£3.60
Caffe Mocha	£3.60
Chai Tea Latte	£3.60
Long Black	£3.00
Luxury Hot Chocolate	£3.60
Vegan Hot Chocolate	£3.60
Salted Caramel Mocha	£3.80

### Tea

English Breakfast	£3.10
Citrus Chamomile	£3.10
Sapphire Earl Grey	£3.10
Persian Pomegranate	£3.10
Novus Egyptian Mint	£3.10

## COLD DRINKS

### Fentimans

Victorian Lemonade	£3.00
Ginger Beer	£3.00
Dandelion & Burdock	£3.00

### DA-SH Infused Sparkling Water

Cucumber	£3.00
Lime & Garden Mint	£3.00
Rhubarb & Fiery Ginger	£3.00

### San Pellegrino

Clementina	£2.50
Limonata	£2.50
Aranciata	£2.50

### Maynard House Juices

Apple & Raspberry	£3.00
Apple & Elderflower	£3.00
Orange & Clementine	£3.00
Cox & Bramley	£3.00
Kid's Orange Red	£3.00

### Canned Drinks

Pepsi	£2.70
Coke	£2.70
Sprite	£2.50
Fanta	£2.50
Diet alternatives	£2.50

### Life British Mineral Water

Still Water	£2.25
Sparkling Water	£2.25

THE  
COFFEE  
HOUSE  
AT THE APEX

VE: Vegetarian VG: Vegan GF: Gluten free

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## LIGHT BITES

### Quinoa, Dukka spiced squash & feta flatbread

Our wholemeal flatbread with dukkah spiced roasted squash, a dollop of cooling yoghurt, fresh cucumber slices, chopped mint, pomegranate & creamy feta. Finished with baby leaf spinach (V)  
**£4.50**

### Croque Monsieur or Madame

Croque Monsieur or Madame with ham or cheese, onion confit on grilled sourdough  
**£6.00**

### Coronation vegan on chai bread

Roasted root vegetables in a tarragon, chervil curried dairy free dressing on chai bread  
**£4.75**

## SANDWICHES

All our sandwiches are freshly filled daily from our kitchen using artisan breads from The Friendly Loaf Bakery

### Chicken

Chicken Katsu, green curry mayo, slaw **£4.45**

### Falafel

Falafel, spinach, spiced mint & apricot yoghurt **£3.95**

### Cheddar

Mature Cheddar, tangy piccalilli **£3.95**

### Prawn

Posh prawns, gem lettuce, pickled cucumber, Bloody Mary dressing **£5.50**

### Beef

Salt peppered beef, dill pickle, tomato & rocket salad **£5.75**

### Beetroot

Candied beetroot, pea shoot salad, local goats' curd & black pepper (VE)  
**£4.25**

### Salmon

Oak smoked salmon with lemon-dill crème fraîche & pickled red onion  
**£5.00**

## SALADS

### Crunchy Crudites

Homemade hummus dip with vegan pita or sourdough bread & assorted fresh vegetables sticks  
**£5.00**

### Tricolour

Tricolour quinoa, red pepper, chickpeas, salad & curry dressing  
**£7.00**

### Falafel

Falafel, pitta bread, Mediterranean salad, hummus, tzatziki, tahini, olives, cucumber, carrot & tomatoes  
**£7.00**

## HOT SAVOURY

### Sausage Roll

Homemade caramelised onion sausage roll with locally bottled Branston Pickle **£3.95**

### Vegetarian Twists

Vegetarian spinach & pesto twists  
**£3.50**

### Homemade Quiche

Individual local cured bacon, onion & gruyere quiche  
**£3.75**

### Jacket Potatoes

Choose from our range of "Jacket Toppers" with a crispy large potato, local leaf salad & three cabbage coleslaw

Plain Jacket	£5.40
Tuna Mayo	£2.50
Beans	£2.00
Cheese	£2.50
Coleslaw	£2.00

### Soup

Soup of the day with crispy sour dough, bread & butter  
**£4.95**

## SNACKS

### Fairfield's Farm Crisps

Sweet Chilli £1.50  
Roast rib of Beef £1.50  
Bacon and Tomato £1.50  
Sea Salt & Cyder Vinegar £1.50

Salty Dog Proppercorn £1.50

Vegetable Crisps £1.25

Puffed Chickpeas £1.45

Rice cakes £1.35

Lentil Crisps £1.45

## KIDS

We serve child friendly portions off our adult menu on smaller plates, we find the little ones seem to enjoy eating like big people