

Sports Bar

at Stoke by Nayland

Lunch menu - Served 12 noon – 5pm

Sandwiches & Wraps

| | |
|---|-------|
| White bloomer, malted brown bloomer or wrap with salad & crisps (GFA) | |
| Egg & cress (E)(G)(MU) | £5.75 |
| Cheese & pickle (V)(G)(S) | £6.00 |
| Cheese & ham (S)(G) | £6.95 |
| Ham & tomato (S)(G) | £6.95 |
| Coronation chicken & salad (E)(G)(S)(MU) | £7.50 |
| Tuna & cucumber (F)(E)(G)(MU) | £6.50 |
| BLT (G)(S) | £6.50 |

Toasties & Wraps

| | |
|-------------------------------------|-------|
| With salad & crisps (GFA) | |
| Cheese (G)(M) | £6.00 |
| Tuna & cheese (G)(F)(M)(MU) (E) | £7.75 |
| Brie & bacon (G)(M)(S) | £7.50 |
| Cheese & ham (G)(M)(S) | £7.25 |
| Ham & tomato (G)(S) | £7.15 |
| Chicken, bacon & mayo (S)(G)(E)(MU) | £7.75 |

Snacks

| | |
|--|-------|
| Hot dog & onions (G)(S) | £4.75 |
| Sweet potato falafel bites with mint yoghurt (V)(VGA)(M)(GF) | £6.00 |
| Loaded cheese nachos. Guacamole, jalapenos, sour cream & salsa (M) | £9.25 |

(Add chilli con carne £1.75)

| | |
|--|-------|
| Mozzarella sticks & Sweet Chilli mayo (G)(M)(SY)(E)(MU) | £5.25 |
| Southern fried chicken strips with garlic mayo & BBQ sauce (G)(E)(M)(MU) | £6.95 |

Salads

| | |
|---|--------|
| Chicken Caesar salad (GFA)(G)(E)(M)(MU) | £8.95 |
| Prawn Cocktail Salad with Brown Bread (E)(CR)(MU)(SY) | £11.25 |
| Cold poached salmon & Boxford Farm asparagus salad, warm new potatoes (M)(F) | £14.95 |
| Feta cheese & Olive Salad, with mixed leaf, baby gem, cucumber, tomato & red onion (VGA)(GF)(M) | £9.95 |

Jacket Potato

With salad with butter (GF)(V)(VGA)

Toppings:

| | |
|--------------------------------------|-------|
| Beans (VG)(GF) | £7.50 |
| Feta Cheese (M)(GF)(VGA) | £7.50 |
| Cheddar (V)(M)(GF) | £7.50 |
| Tuna mayo (E)(F)(MU) | £7.95 |
| Coronation chicken (E)(S)(GF)(MU) | £7.75 |
| Prawn Marie Rose (CR)(GF)(E)(MU)(SY) | £9.50 |

V = Vegetarian GF = Gluten free VG = Vegan DF = Dairy free GFA = Gluten free available DFA = Dairy free available VGA = Vegan available S = Sulphites N = Nuts SS=Sesame SY=Soya E=Egg F=Fish C=Celery M=Milk CR=Crustacean
NFA = Nut free available P=Peanuts MO=Molluscs MU=Mustard G=Gluten

Members receive a 20% discount on food

Sports Bar

at Stoke by Nayland

Lunch menu - Served 12 noon – 5pm

Mains

| | |
|--|--------|
| 6oz beefburger, bacon, smoked applewood, gem lettuce, tomato, red onion & gherkin in a brioche bun, fries & coleslaw (GFA)(VGA)(MU)(E)(M) | £11.50 |
| Garlic & herb chicken, salami & mozzarella burger, gem lettuce, tomato, red onion in a brioche bun. fries & coleslaw (GFA)(G)(M)(S)(MU)(E) | £11.75 |
| Suffolk smoked ham, double egg & chips (GF)(E)(S) | £9.95 |
| Tikka masala butterflied chicken, steamed rice, cucumber riata, poppadum's & mango chutney (GF)(M)(DFA) | £12.50 |
| Vegetable Tikka Masala, steamed rice, cucumber riata, poppadum's & Mango Chutney (GF)(VGA)(M)(DFA) | £10.50 |
| Lentil ragu stuffed pepper, Mixed Leaf, vegan pesto (VG)(G) | £10.95 |
| Scampi, chips, salad, tartare sauce & lemon wedge (G)(CR)(E)(MU) | £10.95 |
| Sweet chilli vegetable stir fry and rice (SS)(GF)(VG)(add chicken £2.25) | £9.50 |
| Southern fried chicken strips with fries & garlic mayo & BBQ sauce (G)(E)(MU) | £10.25 |

12" Wood Fired Pizzas (GFA) (VGA)

| | |
|---|--------|
| Margherita – the classic pizza with tomato sauce, mozzarella, basil & olive oil (V)(M)(G) | £12.50 |
| Pepperoni – Margherita with pepperoni and parmesan (S)(E)(G)(M) | £13.50 |
| Vegetable – Margherita with roast vegetables with mozzarella (V)(G)(M) | £13.50 |
| Extra toppings £1.25 each Chicken, (G)(S), olives, peppers, vegan cheese, jalapenos | |

Sides

| | |
|------------------------|-------------|
| Fries (GFA)(VG) | £2.50/£2.95 |
| Chips (GFA)(VG) | £2.50/£2.95 |
| New potatoes (GF)(DFA) | £2.00 |
| Onion rings (VG)(G) | £2.50 |
| Mixed salad (GF)(VG) | £2.50 |

Desserts

| | |
|---|-------|
| Toasted teacake, butter & jam (G)(E)(M)(V) | £4.50 |
| Sticky toffee pudding, vanilla ice cream, toffee sauce (GFA)(DFA)(M)(E)(SY) | £6.50 |
| Boxford Farm baked apple and Suffolk spiced rum pudding, baked apple puree, vanilla ice cream (G)(M)(E)(SY) | £6.50 |
| Fruit scone, clotted cream & jam (G)(M)(E)(GFA) | £2.95 |
| Chocolate brownie, chocolate ice cream, fudge sauce (G)(E)(M)(SY) | £6.50 |
| Boxford Farm strawberries and cream (VGA) | £6.00 |
| 3 Scoops of Ice cream (VGA)(GFA)(M)(SY) | £4.50 |

Dessert specials will be made available during fruit seasons

V = Vegetarian GF = Gluten free VG = Vegan DF = Dairy free GFA = Gluten free available DFA = Dairy free available VGA = Vegan available S = Sulphites N = Nuts SS=Sesame SY=Soya E=Egg F=Fish C=Celery M=Milk CR=Crustacean
NFA = Nut free available P=Peanuts MO=Molluscs MU=Mustard G=Gluten

Members receive a 20% discount on food