



BRUNCH

SERVED FROM 9^{AM} - 3.30^{PM}

Roots Fry-Up

G, E, M, So, Su 14.00

Thurston Butchers' classic sausage and black treacle bacon, Rymer Farm fried egg, marinara baked beans, garlic roasted vine tomatoes, lemon & thyme potato wedges, balsamic mushroom and smoked herb butter with white, eight-grain or sourdough toast

Veggie Fry-Up

G, E, M, So, Su 13.00

Homemade vegetarian sausage, aubergine bacon, Rymer Farm fried egg, marinara baked beans, garlic roasted vine tomatoes, lemon & thyme potato wedges, balsamic mushroom and smoked herb butter with white, eight-grain or sourdough toast

Smoked Salmon on Toast

G, E, F, So, Su 14.00

Toasted dark rye bread, yoghurt, smoked salmon, dill, pickled shallots, Avruga caviar, Rymer Farm soft-boiled egg and lemon

Mediterranean Braised Lentils

G, C, E, So, Su, Mu, Ss, L 12.00

Two Rymer Farm poached eggs, roasted cherry tomatoes, black pepper yoghurt, salsa verde and lemon infused olive oil

Hot Honey Flatbread

G, M, E, Su 13.00

Diced pancetta, burrata, Rymer Farm fried egg, rocket, sundried tomato, chilli-infused honey and sumac

French Toast Sandwich

G, M, E 12.00

Sweet cream cheese, homemade blueberry compote, lemon curd, mint and fresh berries

Avocado on Toast

G, N, So, Su 12.00

Toasted sourdough, smashed avocado, local asparagus, vegan cashew cream, pickled red onion and coriander

Roots Eggs Benedict

G, E, M, Su 14.00

Rosemary & sea salt focaccia, pork belly, two Rymer Farm poached eggs, horseradish vinaigrette, hollandaise sauce

Nutty Granola Breakfast Bowl

N, So, Su 11.00

Passion fruit, yoghurt, maple syrup, Medjool dates, fresh berries and chia seeds

TRADITIONAL FAVOURITES

Sausage or Bacon Sandwich

G, E 7.00

Thurston Butchers' classic sausage or black treacle bacon in white, eight-grain or sourdough bread

Add extra portion of

sausage 2.50

bacon 2.50

fried egg 1.50

Toast

G 4.00

Two slices of white, eight-grain or sourdough toast with a choice of:

> Rougham Estate Honey

> Marmalade

> Jam

> Nutella

> Marmite



ROOTS

ROUGHAM ESTATE CAFÉ

FOOD ALLERGY NOTICE

Please inform our waiting staff of any food allergies before ordering.

Our menu gives general guidance about ingredients which may affect those with food intolerances and allergies.

Please note, however, that our kitchen handles many types of food and drink each day and although we do our very best to avoid cross-contamination, we cannot guarantee this does not happen. Ultimately, the final choice about what to eat rests with you.

ALLERGY INDEX

- C Celery
- Cr Crustaceans
- G Gluten
- E Eggs
- F Fish
- L Lupin
- M Milk
- Mo Mollusc
- Mu Mustard
- N Nuts
- Pn Peanuts
- So Soya
- Ss Sesame Seeds
- Su Sulphur Dioxides

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roughamestate.com

WRAPS, CIABATTAS & LIGHT BITES

SERVED FROM 11AM - 3.30PM



Wraps and Ciabattas are all served with coleslaw

Pesto Chicken Wrap

G, M, Mu, Su 13.00

Tzatziki, crumbled feta, avocado, shredded lettuce and sundried tomato

Mediterranean Vegetable Wrap

G, Mu, N, Su, So 13.00

Roasted vegetables, artichoke, vegan mascarpone, lemon oil and rocket

Roots Fish Finger Ciabatta

G, E, F, Mu, Su 13.00

Beer-battered cod, tartare sauce, mini-gem lettuce and dill

BLT Ciabatta

G, Mu 10.00

Black treacle bacon, mini-gem lettuce, beef tomato and garlic aioli

Steak Ciabatta

G, M, Su, Mu 13.00

Skirt steak, stilton sauce, caramelized red onion jam and watercress

Ham & Piccalilli Ciabatta

G, Mu, Su 10.00

Suffolk glazed ham, piccalilli and rocket



Homemade Salad of the Week

12.00

Please ask our waiting staff or check our Specials Board for this week's salad

Sausage Roll

G, Su, E, Mu 7.50

Served with onion jam

Scotch Egg

G, E, Mu, Su 7.50

Served with piccalilli

Vegan Roll

G, Su, So, Mu 7.50

Served with onion jam

Quiche of the Day

G, E, M, Mu, Su 9.00

Served with side salad

SIDES

Fries 4.50

Rosemary garlic salt

Sweet-Potato Fries 5.50

Salsa verde

Italian Loaded Fries 5.50

Marinara, parmesan and parsley M, Su

Side Salad 5.00

Lettuce, cucumber, tomato with house dressing Mu, Su

TREAT YOURSELF TO A DELICIOUS CAKE

Served all day

A selection of homemade traybakes and cakes are available.

Please ask for details.

CHILDREN'S MENU

SERVED FROM 9AM - 3.30PM

Granola

N, So, Su 8.00

Yoghurt, fresh berries and maple syrup

Sausage Sandwich

G 7.00

Two sausages in white bread

French Toast

G, E, M 8.00

Fresh berries and maple syrup

Cheese & Tomato Sandwich

G, M 5.00

Sliced cheddar cheese and tomato in white bread

Children's Fry-Up

G, E 10.00

Sausage, bacon, fried egg, Heinz beans, white toast

Bacon Sandwich

G 7.00

Three rashers in white bread

Ham Sandwich

G 5.00

Suffolk ham slices in white bread

Tomato Pasta

G, M, Su 7.00

Melted cheddar cheese and buttered white bread

Beans on Toast

G 5.00

Heinz beans on white toast