
FRESH

EGGS

Free range eggs
6 pack | £1.25

BUTTER

Salted butter block
£2.00
Unsalted butter block
£2.00
Bungay raw butter
£4.50

SUBLIME

BUTTER

Pink Himalayan salt
200g | £4.50
Garlic and herb
90g | £3.95
Truffle, parmesan
and black pepper
90g | £3.95
Chimichurri
90g | £3.95
Bearnaise
90g | £3.95

MILK

Local semi skimmed milk
1 litre | £1.25
Local whole milk
1 litre | £1.25

FROM OUR FRIDGE

Local raw cream
250ml | £1.65
Crème fraiche
200g | £1.50
Ricotta
250g | £2.00
Mascapone
250g | £2.50

Full fat soft cheese
200g | £1.50
Cottage cheese
250g | £1.40
Cottage cheese with chives
250g | £1.40
Collier's extra mature
cheddar block
350g | £3.95
Collier's extra mature
cheddar bulk block
Approx. 1.25kg | £10.00
Mozzarella ball
£1.25
Buffalo mozzarella
£2.50
Halloumi
£2.95

POTS

Houmous
250g | £2.50
Taramasalata
250g | £2.50

FERMENTED

Kimchi
£4.95
Kraut
£4.50

PINNEYS

Smoked salmon
114g | £5.50
Smoked salmon
227g | £9.95
Smoked salmon paté
£4.95
Smoked fish paté
£4.50

PALFREY AND HALL

*Prices vary dependent
on weight*

Unsmoked back bacon
£3 to £4
Smoked back bacon
£3 to £4
Suffolk black back bacon
£3 to £4
Smoked streaky bacon
£3 to £4
Suffolk black streaky bacon
£3 to £4

BREAD

White farmhouse loaf
Small | £1.10
Granary farmhouse loaf
Small | £1.10
Wholemeal farmhouse loaf
Small | £1.10
White sliced loaf
Large | £1.90
Granary sliced loaf
Large | £1.90
Olive and oregano bread
£2.00
Seeded cob
£1.70

THE ESSENTIALS

HUSK AND HONEY GRANOLA

- Oat and nut
 - Quinoa and buckwheat
 - Chai spiced mulberry
 - Apricot and millet
- £6.50 per 450g

HUSK AND HONEY PORRIDGE

- Spiced apple
 - Cinnamon bark and cranberry
 - Pear and star anise
- £3.95 per 250g

CRUSH GRANOLA (GF)

- Maple and pecan
 - Apple and cranberry
 - Chocolate and roasted hazelnut
- £4.50 per 500g

SPREADS

- Local honey
Set | £5.25
- Local honey
Runny | £5.25

- Local marmalade
£3.95
- Local jam
£3.95

BUTTERWORTHS TEA

- English breakfast
Teabags | £3.75
- Earl grey
Teabags | £4.50
- Suffolk gold blend
Teabags | £4.50
- Suffolk special blend
Teabags | £3.75

BUTTERWORTHS COFFEE

- 100% espresso
Beans | £8.50
- 100% espresso
Ground | £8.50

- Espresso Latino
Beans | £6.75
- Espresso Latino
Ground | £6.75

- Artisan espresso
Beans | £4.95
- Artisan espresso
Ground | £4.95

- Ethiopian
Beans | £8.50
- Ethiopian
Ground | £8.50

- Colombian
Beans | £6.95
- Colombian
Ground | £6.95

- Decaf
Beans | £7.95
- Decaf
Ground | £7.95

CAWSTON PRESS

- Apple juice
 - Apple and elderflower
 - Apple and rhubarb juice
 - Apple and ginger juice
- £2.95 per carton

JUICE

- High House Fruit
Farms apple juice
£3.25

- Big Tom tomato juice
£3.25

NORFOLK CORDIALS

- Wild elderflower
 - Elderflower and cucumber
 - Rhubarb, orange and ginger
 - Redcurrant and grapefruit
 - Strawberry and lime
 - Raspberry
- £4.50 per bottle

— FROM OUR DELI COUNTER —

OLIVES AND ANTIPASTI

All £2.00 per 100g

Small full pot approx. £5.00

Large full pot approx. £8.00

Please state how much you would like:

Pitted Kalamata olives

Pitted green Halkidiki olives

Mixed pitted olives with rosemary and garlic

Pitted green olives with lemon and herbs

French black olives
Stone in

Nocellara olives
Early harvest | stone in

Garlic stuffed green olives

Almond stuffed green olives

Feta stuffed green olives

Sundried tomato stuffed green olives

Pimento stuffed green olives

Piri piri stuffed green olives

Peppers stuffed with ricotta

Sunblushed tomatoes

Balsamic onions

Artichoke hearts

Please state quantity

HAM

Unsmoked Norfolk ham

6 slices | £2.50 to £3.50

Smoked Norfolk ham

6 slices | £2.50 to £3.50

Sliced prosciutto

100g | £3.95

CHORIZO

Fresh cooking chorizo

Approx. 100g | £1.20

PATÉ

All £2.25/100g

Handmade chicken liver paté

Handmade duck liver paté

Handmade pork and Suffolk cider terrine

SAUSAGE ROLLS

£3.50 each

Traditional pork

Onion marmalade and mustard pork

Spiced sweet potato
Vegan

PESTO

Fresh green pesto
Pot | £3.50

QUICHES

£3.75 each

Classic bacon, cheddar and onion

Chorizo, mozzarella and sundried tomato

Mushroom, leek and Wells Alpine

Roasted butternut squash, caramelised red onion and rosemary

Petit pois, pesto and watercress

Smoked salmon and rocket

HANDRAISED PORK PIES

Individual pie

£1.75

Large pie

11b | £5.50

BRAYS COTTAGE PORK PIES

£3.25 per pie

Plain

Chilli

Onion marmalade

Black pudding

OUR CHEESE COUNTER

HARD CHEESE

Black Bomber

£1.75/100g

Red Storm

£1.75/100g

Pitchfork Cheddar

£2.85/100g

Lincolnshire Poacher

£2.15/100g

Montgomery Cheddar

£2.05/100g

Keen's Cheddar

£1.80/100g

Cornish Yarg

£2.20/100g

Cornish Yarg with wild garlic

£2.20/100g

Cheshire Appleby's Red

£2.20/100g

Wensleydale

£1.40/100g

Mrs. Kirkham's Lancashire

£1.85/100g

Jarlsberg

£1.50/100g

Old Amsterdam

£1.95/100g

Manchego

£1.95/100g

Pecorino Sardo

£2.20/100g

Ossau Iraty

£3.10/100g

Goat Log

£1.35/100g

Ticklemore

£3.25/100g

Parmesan Reggiano

£2.40/100g

SOFT CHEESE

Roquefort

£3.20/100g

Dolcelatte

£1.55/100g

Gorgonzola

£1.70/100g

BLUE CHEESE

Blacksticks Blue

£2.00/100g

Oxford Blue

£2.00/100g

Cropwell Bishop Stilton

£1.75/100g

Stinking Bishop

£3.55/100g

LOCAL CHEESE

Baron Bigod

£2.50/100g

Baby Baron Bigod

200g | £6.50

St Jude

£5.50

St Cera

£5.95

Wells Alpine

£2.20/100g

Norfolk Walsingham

£2.00/100g

Norfolk Dapple

£2.10/100g

Smoked Norfolk Dapple

£2.35/100g

Binham Blue

£2.25/100g

Suffolk Blue

£2.25/100g

Norfolk Mardler

£3.00/100g

PERFECTLY PAIRS WITH

PETER'S YARD

Selection box

£6.95

Sourdough crispbreads

£3.95

Sourdough crispbreads

Mini | £2.95

THE FINE CHEESE CO.

Toasts for cheese:

Apricot | Date

Cherry | Quince

£3.40 per box

Crackers for cheese:

Chive | Chilli | Basil | Fig

Rosemary | Olive oil and sea
salt | Walnut and honey

Lemon and sea salt

£2.50 per box

-Wheat rounds

-Charcoal squares

-Bath squares

-Oatcakes

£2.95 per box

Water crackers

£1.95

COTTAGE DELIGHT

-Cheese palmiers

-Cheese twists

-Cheese straws

£3.50 per box

SEGGIANO

Classic grissini

Wholewheat grissini

Classic lingue flatbreads

Rosemary lingue flatbreads

Parmesan lingue flatbreads

£3.95 per box

Classic lingue flatbreads

Mini | £3.25

Rosemary lingue flatbreads

Mini | £3.25

Parmesan lingue flatbreads

Mini | £3.25

GLUTEN FREE CRACKERS

-Water crackers

-Olive oil and sea salt

-Roasted onion and
nigella seed wafers

-Hot pepper, coriander
and lime wafers

-Oak smoked garlic and
black poppy seed wafers

-Cracked black pepper
and smoked sea salt wafers

£2.95 per box

PIPERS CRISPS

Sea salt | Cheddar and onion

Black pepper and sea salt

Sweet chilli | Cider vinegar
and sea salt | Wild thyme

and rosemary | Chorizo

£2.00 per bag

CRISPS

Truffle crisps

£3.95

Luchito nachos

£2.50

CHUTNEY

*We've hundreds, let us choose
or specify your favourite...*

EASTGATE LARDER

-Medlar jelly

-Medlar cheese

£4.50 per jar

TRACKLEMENTS

-Strong English mustard

-Dijon mustard

-Spiced honey mustard

-Hot wholegrain mustard

£2.25 per jar

Strong horseradish and cream

£2.75

FOR THE PANTRY

ESSENTIALS

Seggiano cherry tomato salsa

£2.95

Tinned chopped tomatoes

£1.50

Tinned plum tomatoes

£1.50

Tinned cherry tomatoes

£1.75

San Marzano peeled
plum tomatoes

£1.95

Seggiano passata

£2.95

Tomato puree

£1.50

Pomegranate molasses

£3.95

Date molasses

£3.95

Panko breadcrumbs

£1.95

Preserved lemons

£3.75

Coconut milk

£1.95

Harrisa paste

£3.75

Maldon sea salt

£2.50

Arborio rice

1kg | £2.95

GARLIC

Garlic bulb

£1.50

Smoked garlic bulb

£1.75

DRIED

MUSHROOMS

Porcini mushrooms

£6.00/100g

Forest mix mushrooms

£4.00/100g

TRUFFLE

Truffle oil

White | £5.50

Black | £5.50

White truffle balsamic

£6.25

OILS

Extra virgin olive oil

500ml | £4.50

Hillfarm rapeseed oil

750ml | £7.95

Odysea kalamata olive oil

1 litre | £9.95

3 litre | £24.95

5 litre | £35.95

ASPALLS

VINEGAR

£1.75 per bottle

Red wine | Cyder

White wine

BALSAMIC

VINEGAR

Bronze | Silver | Gold
£8.95 | £11.95 | £19.95

WILLY'S

Apple cider vinegar

500ml | £6.95

Apple cider vinegar
with honey

500ml | £6.95

Apple cider vinegar

1000ml | £9.95

BRINDISA

JARS

Haricot beans

£3.25

Green lentils

£3.25

Chickpeas

£3.75

Butter beans

£4.75

STOKES

Tomato ketchup

Small bottle | £2.75

Tomato ketchup

Large bottle | £3.75

Real mayonnaise

£3.25

Tartare sauce

£3.50

Cranberry sauce

£3.50

Redcurrant jelly

£3.50

Mint sauce

£3.50

ORTIZ

Yellow fin tuna

£3.50

White fin tuna

£4.25

Anchovies

Chilled | £4.50

Sardines

£3.95

FOR THE PANTRY 2

PASTA

Gnocchi

£1.95

Orzo

£2.25

Macaroni

£2.25

Lasagne

£2.50

Linguine

£2.50

Casarecce

£2.50

Mafaldine

'Frilly' tagliatelle

£3.95

SEGGIANO PASTA

£3.95 per pack

Spghettini | Penne

Tagliatelle | Pappardelle

HANDMADE WOODBIDGE PASTA

£3.95 per pack

-Spinach lasagne

-Marbled pappardelle

-Spinach, beetroot and
turmeric fiorellini

-Spinach, beetroot and
turmeric ricciolini

-Spinach and beetroot
fettuccine

SEGGIANO PASTA SAUCES

£2.95 per jar

Basilico | Arrabbiata

Marinara | Puttanesca

GAROFALO GLUTEN FREE PASTA

£3.25 per pack

Penne | Linguine

SEGGIANO GLUTEN FREE PASTA

£3.25 per pack

Tagliatelle | Cavatappi

RICE

Mediterranean cous cous mix

£3.75

Smoked paprika and saffron
paella rice mix

£4.20

Wild porcini risotto rice mix

£4.40

Pinenut and basil risotto
rice mix

£4.40

Thai jasmine rice

£3.25

SEGGIANO RICE

Arborio rice

500g | £3.25

Carnaroli rice

500g | £3.25

Black venus rice

500g | £4.50

Wild red rice

500g | £4.50

THE CURRY SAUCE CO.

£3.95 per sauce

Madras | Korma

Tikka Masala

CURRY PASTES

£3.95 per item

Thai yellow | Thai red

Massaman | Rendang

Goan curry | Sri Lankan

NONYA'S

£5.50 per item

Paste

Red | Green

Mix

Panang | Sambal | Rendang

Sauce

Chilli and ginger | Sweet
chilli | Surani | Spicy peanut

YAU'S

Black bean | Hoi sin

Satay | Sweet and sour

£2.95 per sauce

Egg noodles

Thick | £1.95

Thin | £1.95

GORDON RHODES

£1.95 per sauce mix

Chilli con carne | Slow stew

Moroccan tagine | Chicken

curry | Beef brisket | Pulled

pork | Sausage cassoulet

SOMETHING SWEET

CHOCOLATE

B Chocolates honey and sea salt caramels
£10.95

Milk chocolate honeycomb dips
£3.25

Dark chocolate honeycomb dips
£3.25

HARRIS AND JAMES

Delicious dark
£4.50

Marvellous milk
£4.50

BOOJA BOOJA

Champagne truffles
Gluten and dairy free
£9.95

Truffle assortment
Gluten and dairy free
£16.95

Almond salted caramel truffles
Gluten and dairy free
£4.95

Hazelnut truffles
Gluten and dairy free
£4.95

MONTEZUMA'S

£3.75 per bag of buttons

White | Milk | Dark

TONY'S

£4.25 per bar

Chocolonely dark chocolate bar

Chocolonely dark chocolate almond sea salt bar

Chocolonely milk chocolate bar

Chocolonely milk chocolate toffee pretzel bar

Chocolonely milk chocolate hazelnut bar

Chocolonely milk chocolate honey nougat bar

Chocolonely milk chocolate salted caramel bar

NORFOLK COOKIE CO.

£3.00 per pack

- Oat
- White chocolate
- Double chocolate
- Chocolate orange
- Stem ginger
- Peanut butter

ACE TEA

DUNKERS

£3.95 per pack

- Cracked walnut
- Chocolate chip
- Chocolate orange
- Butter crunch
- Royal ginger
- Lemon curd
- Lemon and stem ginger
- White chocolate and Brazil nut

CARTWRIGHT AND BUTLER

£3.95 per pack

- Demerara shortbread
- Flaked almond shortbread
- Lemon zest shortbread
- Dark chocolate ginger
- Chocolate oat crumbles

£3.50 per pack

- Stem ginger biscuits
- Butter oat crumble
- Cranberry crumbles
- Butterscotch crunch

GLUTEN FREE BISCUITS

£3.50 per pack

- Chocolate cookies
- Oat and raisin cookies
- All butter lemon shortbread
- All butter shortbread

SOMETHING SWEETER

ALBURGH ICECREAM

600ml | £4.95 per tub

- Vanilla
- Honeycomb
- Salted caramel
- Stem ginger
- Belgian chocolate
- Mint choc chip
- Strawberry

BROWNIES

£2.25 per piece

Madagascan single origin
chocolate brownie

Single origin chocolate
butterscotch and sea
salt brownie

Single origin chocolate
raspberry brownie

SLICES OF CAKE

- Queen Victoria sandwich
 - Carrot and orange cake
- £2.00 per piece

- Millionaire shortbread
 - Maple flapjack
- £1.75 per piece

GLUTEN FREE CAKE

- Chocwork orange slice
 - Buckwheat 'flapjack'*
 - Espresso caramel brownie
 - Ultimate almond brownie
- £1.75 per piece

Chocolate Seville cake
£2.00

VEGAN CAKE SLICES

- Cherry and almond cake
£2.00
- Blueberry Bakewell
£1.75

GLUTEN AND DAIRY FREE CAKE (VEGAN)

Toasted coconut flapjack
£1.75

TARTZ, CAKES AND BAKES

- Bakewell tarts
4 pack | £4.95
- Lemon almond tarts
4 pack | £4.95

Treacle tart
Large | £6.50
Bakewell tart
Large | £7.50

- Lemon drizzle loaf
£6.50
- Lemon and poppyseed loaf
£6.95
- Zesty orange loaf
£6.95
- Frosted carrot cake
£6.95
- Sticky gingerbread
£6.95
- Cappuccino loaf
£6.95
- Chocolate and vanilla
marble loaf
£6.95
- Farmhouse fruit cake
£7.50