

Reservations 01473 786616

eat@suffolkfoodhall.co.uk

www.suffolkfoodhall.co.uk

SAMFORD RESTAURANT



2009 BALE Award Winner

Summertime in Suffolk, Samford-style...

Winter is a distant memory, spring has sprung, and brought with it a host of wonderful fresh ingredients into the kitchen and onto your plate... As high summer approaches, we are looking forward to all the superb local produce which will be featuring on our menu.

Right now, Cromer crabs are at their sweet and succulent best, Wherstead redcurrants are a revelation in our home made ice cream, our own Broxtead new potatoes remind us how a potato *should* taste...and all these feature on our menu alongside the signature dishes you know and love.

Our menu changes all the time to reflect what's fresh in store, so do come back often to see what's new.

BREAKFAST available until 12.00

The Connect Breakfast

Double egg, two sausages, bacon, tomato, mushrooms, black pudding, toast, with tea/coffee

(£1 from each Connect Breakfast will be donated to Suffolk Coasts and Heaths)

£10.00



The Suffolk Sizzler

Sausage, bacon, egg, tomato, mushrooms, black pudding, toast

£7.50

Scrambled Eggs with Smoked Salmon, toast

£6.95

Flowton Eggs Benedict

£6.95

Free range Suffolk Bacon Buttie

£4.50

Croissants and Pastries *Please ask for today's selection*

£1-1.50

Weekend Brunch Special: Add your coffee for £1

And now featuring probably the best Bloody Mary you'll ever have!

STARTERS & LIGHT MEALS from 12 noon

Basket of mixed breads £3.00

Seasonal soup £4.50

A selection of cheese from our islands, chutney, pickled vegetables, crackers £5.50

Smooth Sutton Hoo chicken liver parfait, home made chutney, toast £5.95

Salad of kiln-roasted trout and Broxtead new potatoes, sourdough bread £5.95

Sautéed Wherstead Puffball, creamy garlic sauce, sourdough toast £5.95

Grilled goats cheese and balsamic roast strawberry salad £5.95

Antipasto platter of meats and olives £6.95

Suffolk Gold and Trinity Rarebit £6.95

Flowton Eggs Benedict £6.95

Scrambled eggs with smoked salmon, toast £6.95

CHILDREN from 12 noon

Bangers and mash or Cottage Pie with peas

Pasta with cheese and tomato

or bacon and mushroom or pesto sauce

Flowton poached eggs on toast All at £3.95

Children's main, organic squash, ice cream £6.95

MAINS from 12 noon *Children's portions also available*

Pan fried Seabass, roast Broxtead new potatoes, chorizo, olives, green beans, salsa verde £11.95

Slow cooked belly of Blythburgh pork, couscous, tomato salsa £10.95

Dressed Cromer Crab salad, new potatoes, lemon mayonnaise £10.95

SFH Sutton Hoo chicken Caesar salad £9.95

Butternut squash risotto, rocket leaves £9.95

Sunblush tomato, spring onion and olive frittata, Broxtead new potatoes, salad £8.95

PUDDINGS from 12 noon

Steamed lemon sponge, summer berries, rosemary-scented sabayon £4.95

Italian sparkling wine and blueberry jelly, vanilla ice cream, shortbread biscuit £5.50

Pistachio cheesecake, white chocolate sauce £4.95

Home made Wherstead redcurrant ripple ice cream £3.95

A selection of cheese from our islands, chutney, pickled vegetables, crackers £5.50

SCONES

Homemade scones £1.95

Plain or fruit, with jam and clotted cream

Cheese with butter and homemade chutney

CAKES ETC.

Various cakes and pastries from £1.00 to £1.95

Please ask your server for today's selection

Suffolk Foodies Kitchen Club...

...is taking a break for the summer, and returns in October with an evening of recipes and demonstrations on the theme of 'Nights Drawing In'. November's club is Soups and Sauces, with Food Gifts and Trimmings in December.

To book any of these events, please ask your server, or call us on 01473 786616

The 2011 Kitchen Club programme will be announced soon.

Try our Cocktail Special

The Caipirinha

3 year old Cachaca, fresh limes, cane sugar over crushed ice.

From Ipanema to Ipswich, a taste of Brazil

£3.50

Chef Andy Cole is a stickler for quality. Having trained on the Isles of Scilly, he moved to Suffolk around 10 years ago and worked his way up to become head chef at The Alex in Felixstowe, subsequently working at some of Suffolk's most acclaimed venues including The Leaping Hare at Wyken and The Swan in Lavenham. As head chef at the Food Hall, Andy runs the Samford Restaurant, insisting that everything is freshly prepared using only the finest seasonal ingredients, and changing the menu daily to showcase the very best we have to offer.

Restaurant manager Justin Hammond has over 20 years experience in the hospitality industry behind him. Born and bred in Suffolk, he spent 15 years in Manchester and London, before returning home to manage venues including the Plough and Sail at Snape Maltings and The Galley in Woodbridge.

Our philosophy of customer service is relaxed and informal, but with the same attention to detail and quality which Andy and his brigade apply to the food we serve.

Samford Restaurant prides itself on cooking fresh to order, and hence your patience when we are busy is appreciated. If you are in a hurry, please tell your server and we will do our best to help. Most ingredients are sourced from the Food Hall, so please ask any questions or let us know if you require allergy advice or have any special requirements. We only use GMO-free ingredients.

The Restaurant is also available for private evening events and breakfast meetings. Tell us what you have in mind, and we will be happy to create a tailored package for you.

Finally, we are always seeking to improve, so please do let us know of any comments or suggestions you may have.

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Liquid Assets



TEA, COFFEE, HOT CHOCOLATE

Pot of Purely Organic Ceylon Tea (per person)	£1.95
<i>Breakfast, Earl Grey, Green, Ceylon Single Estate, Jasmine, Lemon, Orange, Ginger, Chamomile, Peppermint</i>	
Americano Straight black coffee	£1.85
Espresso One shot of rich, full bodied coffee	£1.65
Cappuccino With creamy milk foam, topped with chocolate	£2.15
Latte Espresso poured through steamed and foamed milk	£2.25
Mocha Chocolate and espresso, steamed and foamed milk	£2.25
Deluxe Hot Chocolate With fresh whipped cream	£2.25
Iced Coffee Espresso shaken with ice and chilled fresh milk	£2.25
Babycino Mini hot milk with chocolate	£1.00

All coffees available decaffeinated, and now available with Soya milk

SOFT DRINKS

Fresh Milkshakes	£1.95
<i>Chocolate, Strawberry, Banana, Vanilla</i>	
Orange Juice Freshly Squeezed	£1.95
Mineral Water Still or Sparkling	£1.95/£3.50
Coca Cola or Diet Coke	£1.95
Stoke Farm Lemonade Still or Sparkling	£1.95
Appletree Hill Juices	£1.95
<i>Cox Apple, English Pear, Apple and Elderflower</i>	
50/50 Juice Apple or Orange and water	£1.00
Belvoir or Rocks Organic Squash	£1.00
Fentiman's Ginger Beer or Orange Jigger 275ml	£2.25
Fentiman's Tonic Water 125ml	£1.50

WINE BY THE GLASS

White	Bacchus, New Hall, UK 2008/9	£3.50	<i>175ml</i>
	Pinot Grigio, Athesia, IT 2008	£3.95	
Pink	Pinot Noir, New Hall, UK 2008/9	£3.50	
Red	Merlot, Jean de Laroche, FR 2008	£3.75	
	Nero d'Avola, Volpi, IT 2007	£3.95	

HALF BOTTLES Perfect for two to share

Chablis, Jean-Marc Brocard 2007/8	£9.50	<i>37.5cl</i>
Sancerre La Merisière, Pabiot 2007	£10.00	
Rioja Crianza, Heredad de Baroja 2005	£8.50	
Fleurie, Depardon 2008	£9.00	
Médoc, Chateau Rousseau de Sipian 2003	£9.00	

WHITE

Bacchus, New Hall, Essex UK 2008/9	£12.50	<i>75cl</i>
<i>Wonderful local wine, bursting with ripe fruit. Off-dry and aromatic.</i>		
Muscadet de Sèvre et Maine, Haut Banchereau, FR 2007	£13.50	
<i>Soft, fruit driven, dry. A great single-vineyard 'sur lie' Muscadet.</i>		
Pinot Grigio Vallagarina, Athesia, IT 2008	£14.50	
<i>Needs little introduction. Quality here delivers immediate flavour.</i>		
Torrantes, Bodegas Fournier, AR 2008	£15.95	
<i>The 'new kid on the block' in Argentina. Dry, aromatic, full-flavoured.</i>		
Riesling Classic, Hugel et Fils, FR 2005	£16.95	
<i>Superb Alsatian dry white from one of the oldest producers in France.</i>		
Chablis, Jean-Marc Brocard, FR 2007/8	£17.95	
<i>Unoaked Chardonnay at its best, full of fresh minerality.</i>		
Sancerre La Merisière, Domaine Alain Pabiot, FR 2007/8	£18.95	
<i>Delicious, elegant expression of classic Sauvignon Blanc.</i>		

RED

Merlot, Jean de Laroche, FR 2008	£13.50	<i>75cl</i>
<i>Deep colour and ripe fruit from the sunshine of the Languedoc</i>		
Nero d'Avola, Volpi, IT 2007	£14.50	
<i>A Sicilian success story. Dark and intense as that island's inhabitants.</i>		
Rioja Crianza, Bodegas Heredad de Baroja, ES 2005	£15.95	
<i>Classic Rioja, succulent, full bodied and velvety smooth.</i>		
Fleurie Domaine du Point du Jour, Depardon, FR 2007/8	£16.95	
<i>Cru Beaujolais with mouth-watering fruit and characteristic lightness.</i>		
Crozes Hermitage Les Jalets, Jaboulet Aine, FR 2003	£17.95	
<i>Amazing value for this iconic Syrah from a stunning vintage.</i>		
Urban Ribera, Bodegas O. Fournier, ES 2006	£18.95	
<i>Ribera del Duero wines easily match the best of La Rioja. Try this!</i>		
Pinot Noir, Spy Valley, NZ 2008	£19.50	
<i>The Kiwis have a real affinity for the fickle Pinot Noir. This is a delight.</i>		
Nebbiolo d'Alba, Marciana Abbona, IT 2005	£20.00	
<i>Intense but accessible, wonderfully balanced 'Junior Barolo'.</i>		

PINK

Pinot Noir, New Hall, Essex UK 2008/9	£12.95
<i>Attractively pale, more Rosé than red. Memories of summer in a glass.</i>	

SPARKLING

Prosecco Frizzante IGT, Faveri, IT	£20.00
<i>Fantastic fizz, goes with everything from breakfast to afternoon tea!</i>	

SWEET

Late Harvest Riesling, Paul Cluver, SA 2008	£4.95	<i>125ml gl 37.5cl Bt</i>
<i>Rich yet delicate, sweet but not cloying. With dessert, or instead of?</i>		

Although we endeavour to keep all wines in stock, there may be occasions when you will be offered a follow-on vintage or alternative wine

LOCAL BEER & CYDER

Calvors Premium Suffolk Lager 330ml	£3.00	<i>5.0%</i>
Calvors 3.8 330ml	£3.00	<i>3.8%</i>
Bottle-conditioned ales from Bartram's Brewery	£3.50	
<i>Including our own Suffolk Trinity</i>		
Adnams East Green 500ml	£3.50	<i>4.3%</i>
<i>The UK's first carbon-neutral beer</i>		
Aspall Draught Cyder 500ml	£3.95	<i>5.5%</i>
Aspall Premier Cru Dry Cyder 500ml	£3.95	<i>7%</i>
<i>Wonderfully crisp and perfect with food</i>		
Aspall Perronelle's Blush 500ml	£3.95	<i>5.4%</i>
<i>With a dash of blackberry liqueur</i>		

MIXOLOGY

Our famous Bloody Mary	£3.50
<i>11 separate ingredients go into our own version of this classic, including puréed Italian tomatoes and fresh grated horseradish. That's why we say our Bloody Mary is probably the best you'll ever have!</i>	
The Tamarind Margarita	£4.50
<i>Our own take on the Mexican classic, using only the finest ingredients. Olmeca Tezon Reposado tequila, Patron Citronge orange liqueur, cane sugar syrup, tamarind, freshly squeezed lime juice, all over ice in a salt-rimmed glass.</i>	

SPIRITS etc. 25ml unless stated

Standard spirits, Vermouths(50ml)	£2.00
Tanqueray Gin, Wyborowa Vodka, Pusser's Red Label Rum, Compass Box Asyla Whisky, Jack Daniels	£2.25
Malt Whiskys, Martell Cognac, Calvados Pays d'Auge	£2.50
Liqueurs Baileys (50ml), Grand Marnier, Kahlua	£2.50
Armagnac Clos Martin, XO 15 ans, Folle Blanche, Bas Armagnac	£6.00
Tawny Port Churchill Graham 10 year old (50ml)	£3.50
Sweet Sherry Pedro Ximenez Cardenal Cisneros, Romate (50ml)	£4.00

SAMFORD GALLERY

An exhibition of paintings by
Moira Hazel

12th July - 23 August