

menus at Bury for D

Our philosophy is to change our menu often using ingredients from our Food Hall. We insist everything is freshly prepared using seasonal produce, which sometimes takes a little longer to prepare your meal.

The History of Samford



‘Hundreds’ were the medieval administrative and military districts of a County; defining enough land for 100 Manor houses who each provided a ‘Man of Arms’.

Wherstead Hall was a Manor in the Samford Hundred and Samford has since been used as the pedigree name for Suffolk horses belonging to the Paul family.

breakfast

until 11.45

The AONB Breakfast	£14.50
<i>Two Flowton eggs, two Broxtead bangers, Suffolk bacon, tomatoes, Capel St Mary mushrooms, black pudding, toast with tea or coffee</i> (£1 from each AONB Breakfast will be donated to Suffolk Coasts and Heaths)	
The Suffolk Sizzler	£9.95
<i>Broxtead banger, Suffolk bacon, Flowton egg, tomatoes, Capel St Mary mushrooms, black pudding, toast</i>	
The Big Green Breakfast	£9.95
<i>Quorn sausages, hash browns, Flowton egg, tomatoes, Capel St Mary mushrooms, toast</i>	
Scrambled Flowton Eggs with Smoked Salmon, toast (available all day)	£8.50
Flowton Eggs Benedict (available all day)	£8.50
Flowton Poached Eggs on Toast	£5.50
Broxtead Banger Buttie	£5.50
Suffolk Bacon Buttie	£5.50
Croissant with jam or Pain au Chocolat	£2.25
Shropshire Granola served with Marybelle milk or Marybelle natural yogurt	£4.50
~ The Nuts	
~ Berry Cute	
Pim Hill Farm porridge with sultanas, fresh banana or local honey	£4.50
Fruit salad with Little Melton natural yogurt	£4.50

starters & lights

from 12 noon

Basket of our own breads with extra virgin olive oil and aged balsamic vinegar	£4.50
Our soup made from local produce served with our own bread	£4.75
A selection of cheeses from our islands, chutney, gherkins, apple, crackers and our own bread	£5.75
A salad of roasted fennel, beetroot and goat's cheese with a mustard dressing	£5.95
Terrine of Sutton Hoo chicken and porcini mushrooms, tarragon and parsley dressing, baby leaves	£6.25
Soft scotch egg with a tomato and red onion salad and wild rocket	£6.25
Hot smoked salmon salad with purple sprouting broccoli, new potatoes, baby leaves and a citrus dressing	£6.95
Suffolk Gold and Black Dog Rarebit	£7.95

open sandwiches

from 12 noon

Chargrilled thirty day matured rump of British Blue beef from Cratfield, garlic mayo and dressed leaves on granary	£8.75
Smoked salmon with wild rocket and citrus mascarpone on crisp granary bread	£8.75

m a i n s

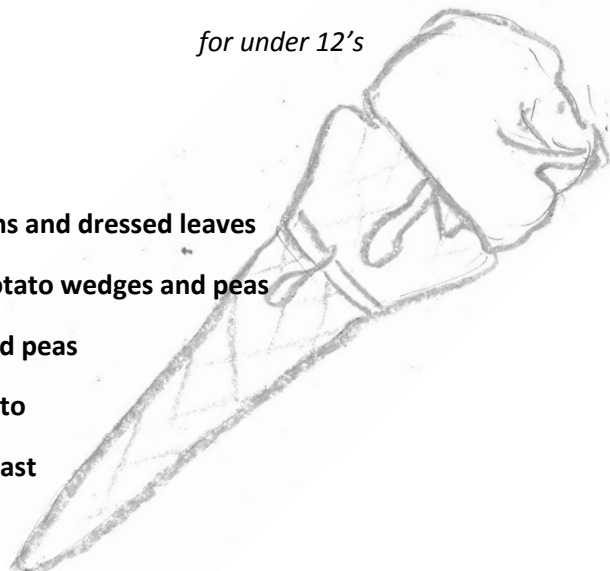
from 12 noon

Lowestoft smoked haddock and leek fishcake with buttered spinach, Flowton poached egg and hollandaise sauce	£11.95
Ballotine of Phil Truin's chicken with fondant potato, buttered spinach and a thyme jus	£11.95
Seared fillet of salmon with a saffron, broad bean and parmesan risotto	£11.95
Our signature fish pie (all locally caught) in a cream sauce with baby peas and leeks, topped with parmesan mash	£11.25
Slow braised red poll steak, onion and mushroom pie with roasted root vegetables and lyonnaise potatoes	£10.95
Brancaster mussels with chorizo, sun blushed tomatoes and served with our own crisp focaccia	£9.95
Aubergine, plum tomato and basil stack, topped with a rocket and parmesan salad	£9.95

childrens mains

for under 12's

Chicken dippers, baked beans and dressed leaves	£4.75
Our own fish fingers with potato wedges and peas	£4.75
Bangers and Mash, gravy and peas	£4.75
Pasta with cheese and tomato	£4.50
Flowton poached eggs on toast	£4.50



puddings

from 12 noon

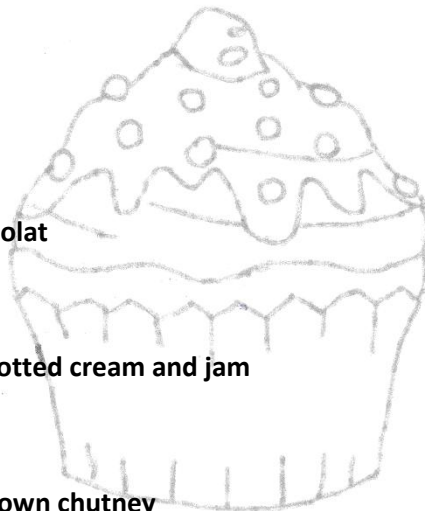
Chocolate and toffee cheesecake with sweetened vanilla mascarpone	£3.95
A crisp lemon tart with a soft berry compote	£3.95
Vanilla panna cotta with roasted plums and a red wine syrup	£3.95
Apple, pear and hazelnut crumble with Cornish clotted cream	£3.95

cakes, scones & pastries

Choose from our daily cake selection...

As our cakes are freshly baked daily we do not always have every variety, so please ask what is available

Victoria, Coffee & Walnut, Lemon Drizzle, Double Chocolate, Carrot Cake	£2.25
Chocolate Brownie	£1.95
Croissant with jam or Pain au Chocolat	£2.25
Our own baked Fruit Scone with clotted cream and jam	£2.10
Cheese Scone with butter and our own chutney	£2.10
Plain Scone with clotted cream and jam	£2.00



tea, coffee, hot chocolate & more

all coffees available decaffeinated and/or available with soya milk

Pot of Tea (*per person*) £1.95

Breakfast, earl grey, green, peppermint, redbush, darjeeling, fruit

	Small	Huge
Americano	£1.85	£2.15

Straight black coffee

Espresso	£1.75	£2.05
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One shot of rich, full bodied coffee

Cappuccino	£1.95	£2.25
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With creamy milk foam, topped with chocolate

Latte		£2.25
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Espresso poured through steamed and foamed milk

Mocha		£2.35
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Chocolate and espresso, steamed and foamed milk

Hot Chocolate

<i>Fresh whipped cream</i>		£2.25
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<i>Whipped cream and marshmallows</i>		£2.75
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<i>Whipped cream and Cadbury flakes</i>		£2.75
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<i>Whipped cream and maltesers</i>		£2.75
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<i>Trio of all 3 toppings</i>		£3.50
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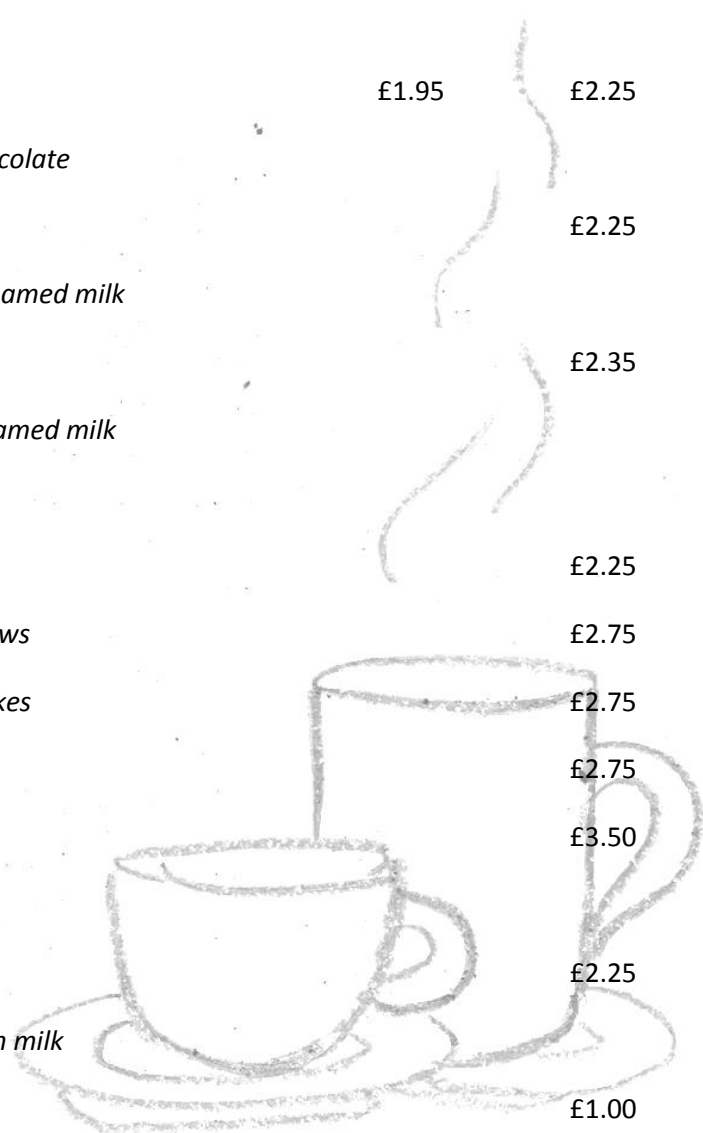
Iced Coffee		£2.25
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Espresso shaken with ice and chilled fresh milk

Babycino		£1.00
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Mini hot milk with chocolate sprinkles

Extra Shot of Coffee		£1.25
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soft drinks

SFH Milkshakes

Made fresh with Cadbury flake, farmer bills

£2.70

chocolate ice-cream, marybelle milk

Orange Juice

£2.95

Freshly squeezed

Mineral Water

£2.15/3.85

Still or sparkling

Coca Cola or Diet Coke

£2.15

Stoke Farm Lemonade

£2.25

Still or sparkling

Appletree Hill Juices

£2.15

Cox apple, English pear, apple and elderflower, pear

and quince

50/50 Juice

£1.50

Apple or orange juice and water

Belvoir or Rocks Organic Squash

£1.10

Blackcurrant, lemon or elderflower

Fentimans Ginger Beer 275ml

£2.30

Tonic Water 125ml

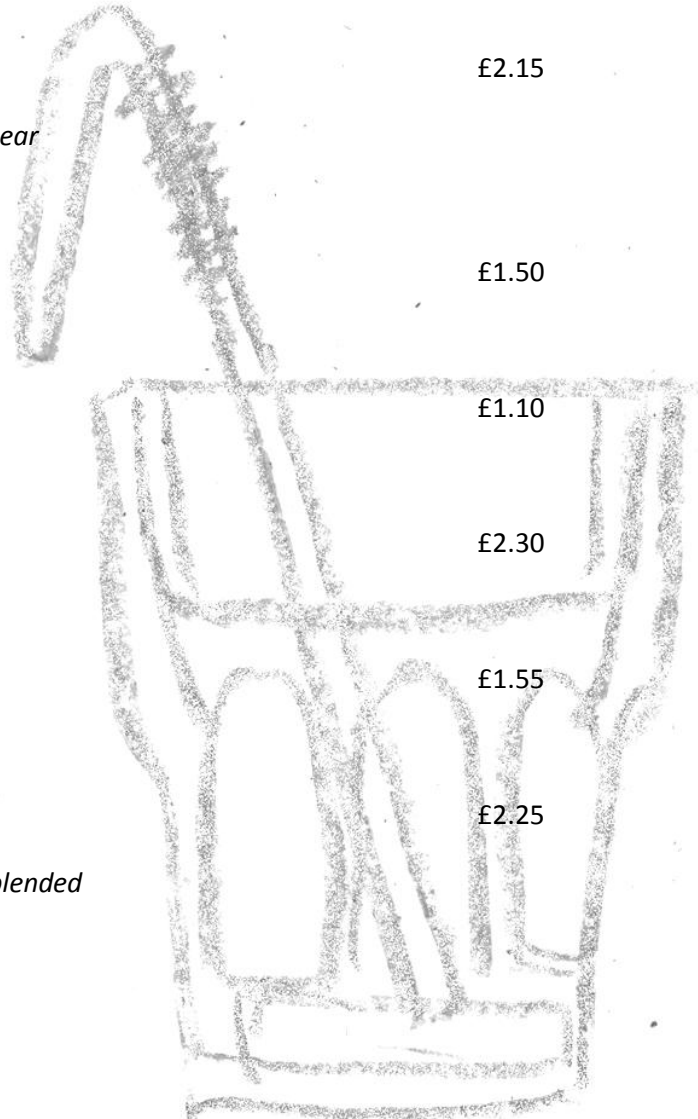
£1.55

Big Tom Spiced Tomato Juice 250ml

£2.25

The ripest and juiciest tomatoes are picked and blended

with a combination of 20 herbs and spices



white

175ml 250ml bottle

2010 Viura, Pleno, Navarra, Spain

£3.10 £4.35 £12.95

Lightly perfumed and fresh, with crisp peach and apple skin flavours

2010 Sauvignon Blanc, Poco Mas, Central Valley, Chile

£3.35 £4.70 £13.95

An aromatic Sauvignon with soft ripe fruit and a hint of gooseberry and asparagus

2010 Grillo, Ca Di Ponti, Sicilia, Italy

£14.95

An enjoyable alternative to the usual Italian varieties, soft and rounded with a dry finish and bags of character

2009 Bacchus, New Hall Vineyards, England

£3.65 £5.15 £15.25

Wonderful medium-dry white bursting with pronounced elderflower aromatics and flavours. An award winning wine from Piers Greenwood to fly the flag for English wines!

2010 Semillon / Chardonnay, Opal Ridge, Australia

£3.70 £5.20 £15.50

The opulent Semillon grape marries well with the clean cut fruit of the Chardonnay

2010 Garganega / Chardonnay Il Casone, Veneto, Italy

£15.75

This lively blend of the generic Garganega with Chardonnay produces an appealing fruit driven dry white

2011 Bush Vine Chenin Blanc, Forge Mill, South Africa

£15.95

Upfront tropical fruit flavours, balanced by a crisp acidity to ensure a fresh and fruity style of wine

2011 Pinot Grigio, Ancora, Pavia, Italy

£3.90 £5.50 £16.25

Clean, crisp and refreshingly dry – the Pinot Grigio grape shows its true colours to confirm its popularity

2010 Sauvignon Blanc, Faultline, Marlborough, New Zealand

£18.50

Characteristic 'Kiwi' style – grassy, ripe mineral and citrus aroma with refreshing acidity and a fruit-filled finish

sparkling

De Faveri Prosecco Frizzante, Italy

£21.50

A great Italian aperitif using the Prosecco grape – lightly sparkling, hints of apple and yet elegantly dry.



rose

175ml 250ml bottle

2010 Pinot Noir Rosé, New Hall, England

£3.50 £4.95 £14.75

*Elegant with soft supple Pinot Noir fruit on the palate,
a deliciously patriotic dry rosé!*

2010 Pinot Grigio Rosé, Amanti, Veneto, Italy

£3.70 £5.35 £15.95

*Juicy red strawberry fruit. Dry, soft and
refreshingly light*

red

2010 Tempranillo, Pleno, Navarra, Spain

£3.10 £4.35 £12.95

Unoaked, rich red fruit flavours. Plump and easy drinking

2010 Cabernet Sauvignon, Poco Mas, Central Valley, Chile

£3.35 £4.70 £13.95

Chilean Cabernet is a firm favourite with its deep colour and ripe red berry fruit to complete a full flavoured and supple style

2010 Carignan / Merlot, La Bastille, Languedoc, France

£3.45 £4.90 £14.50

Quite robust, yet at the same time made in a modern, fruity style. Lingering spice with well structured, smooth tannins

2009 Castelao / Cabernet Sauvignon, Terra de Lobos,

Tejo, Portugal

£14.75

Full, juicy and smooth. Spicy blackberries and a long finish

2010 Shiraz Cabernet, Opal Ridge, Australia

£3.70 £5.20 £15.50

Ripe red and blackberry fruits are linked to the Cabernet with a touch of spice from the Shiraz

2010 Shiraz, Ca Di Ponti, Sicilia, Italy

£15.50

A versatile and approachable style from the popular Shiraz grape, offering supple spicy fruit driven flavours

2010 Cinsault Ruby Cabernet, Living Rock, South Africa

£15.95

Full and soft in the mouth with lots of strawberry flavours and a hint of spice

2010 Cepas Antiguas Rioja Tempranillo, Spain

£4.00 £5.65 £16.75

Rioja needs little introduction and here the Tempranillo grapes offer a classic wine with soft round and appealing fruit flavours

2010 Malbec, Organica, Santa Julia, Argentina

£17.75

Carefully made under organic conditions, Argentina's Malbec produces an intense and bold style for winter dishes

local beer & cider

Adnams Draught Best Bitter

£3.75 3.7%

Locally produced in Southwold with a distinct flavour of Barley

Calvors Premium Suffolk Lager 330ml

£3.15 5%

Calvors 3.8 330ml

£3.15 3.8%

Adnams East Green 500ml

£3.65 4.3%

The UK's first carbon-neutral beer

Brandeston Gold 500ml

£3.65 4.5%

Made with local hops and barley by Earl Soham Brewery

Aspall Draught Cyder 500ml

£3.95 5.5%

Aspall Premier Cru Dry Cyder 500ml

£4.10 7%

Wonderfully crisp and perfect with food

Aspall Perronelle's Blush 500ml

£3.95 5.4%

With a dash of Blackberry liqueur

