

Floral Days Cafe and Restaurant

MAIN COURSES

AVAILABLE FROM 12 - 3 MON TO SAT & 12 - 2 SUNDAY

Suffolk Ham, Eggs & Chips **£13.99**



Locally-sourced ham served with chips and an egg cooked to your choice.

*Calories: 775 approx. Protein: 56-69g.
Carbs: 31-45g. Fat: 32-45g.*

Wholetail Scampi with Chips or Salad **£13.99**



Served with garden peas, tartar sauce and lemon. Swap chips for salad if you prefer.

*Calories: 600 approx. Protein: 21-27g.
Carbs: 50-65g. Fat: 22-33g.*

Beef Burger with Cheese **£13.99**



Served inside a brioche bun with mature cheddar. Includes chips, coleslaw, salad & onion rings.

*Calories: 900 approx. Protein: 38-52g.
Carbs: 121-151g. Fat: 48-67g.*

Chicken Burger with Cheese **£13.99**



Served inside a brioche bun with mature cheddar. Includes chips, coleslaw, salad & onion rings.

*Calories: 875 approx. Protein: 38-52g.
Carbs: 121-156g. Fat: 44-52g.*

Vegan Burger with Cheese **£13.99**



Served inside a vegan brioche bun, with vegan cheese, onion rings, chips and salad.

*Calories: 1000 approx. Protein: 35g.
Carbs: 150. Fat: 23g.*

Traditional Beef Lasagne **£13.99**



Home-cooked and served with fresh salad and your choice of garlic bread or chips.

*Calories: 800 approx. Protein: 29-42g.
Carbs: 70-90g. Fat: 30-47g.*

Vegetarian Quiche **£13.99**



Homemade with seasonal flavours. Served with a choice of salad & chips or vegetables & new potatoes.

*Calories: 700 approx. Protein: 15-21g.
Carbs: 65-90g. Fat: 43-62g.*

Seasonal Pie **£14.99**



A slice of pie made with seasonal flavours. Served with new potatoes & vegetables or chips & vegetables.

*Calories: 900 approx. Protein: 25-39g.
Carbs: 70-95g. Fat: 37-55g.*

Big English **£14.99**



Two sausages, two rashers of bacon, mushrooms, baked beans, tomato, two hash browns & two fried eggs. Served with toast & butter, filter coffee or tea.

*Calories: 1350 approx. Protein: 49-65g.
Carbs: 110-142g. Fat: 74-115g.*

Fish & Chips **£13.99**



Locally-sourced fish of the day served with lemon, tartare sauce, garden peas and chips.

*Calories: 850 approx. Protein: 27-35g.
Carbs: 82-109g. Fat: 40-59g.*

Sides

Chips **£2.99**

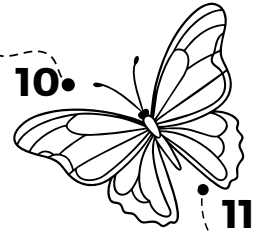
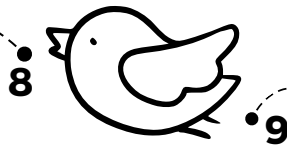
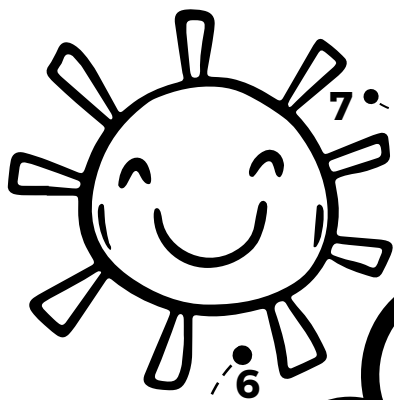
Side Salad **£3.99**



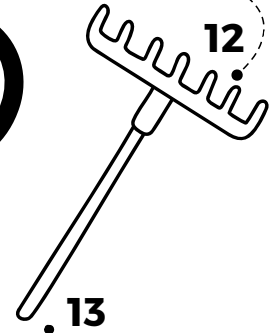
Cheesy Chips **£3.99**



Side of Vegetables **£3.99**



KID'S EAT FOR £1 WITH EVERY ADULT MAIN MEAL PURCHASED!



KID'S MENU

All meals £6.50

Suffolk Ham & Chips

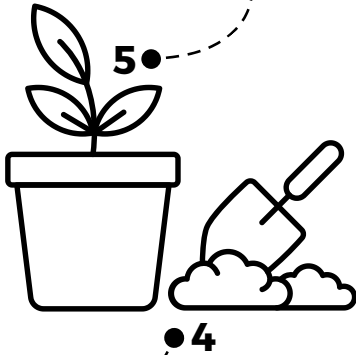
Chicken Nuggets & Chips (GF)

Pasta & Cheese (V) (Gluten, milk)

Sausage, Chips & Beans (Gluten, Sulphite)

Cheese Sandwich & Chips (V) (Gluten, milk)

Replace chips with salad & coleslaw if you prefer.



ICE-CREAM

One Scoop £1.49

Individual Pot £3.49

Try our delicious ice-cream available by the scoop or in individual pots - and lots of yummy flavours!

(Allergens on request)

