



FRESHLY  
MADE &  
DELICIOUS

“FREE FROM”  
**MENU**

GLUTEN FREE & DAIRY FREE

Perrywood 

Please ask to confirm which of the daily specials are gluten and/or dairy free.

## SOUP

Freshly made soup served with thick cut granary walnut, white bloomer bread or gluten free bread.

<b>Chef's homemade soup of the day</b> gf df	£5.29
<b>Soup and half a sandwich of your choice</b> gf df	£7.29

## SANDWICHES & BAGUETTES

Our sandwiches are freshly made, on white, granary or gluten free bread.  
Served with seasonal salad and creamy coleslaw.

	Sandwich	Baguette
<b>Free range egg mayonnaise and cress</b> gf df	£5.79	£6.79
<b>Suffolk-smoked gammon ham and tomato*</b> gf df	£5.79	£6.79
<b>Butcher's bacon, lettuce and sliced tomato*</b> gf df	£5.79	£6.79
<b>Tuna mayonnaise and cucumber*</b> gf df	£6.29	£7.29
<b>Prawns in marie rose sauce</b> gf df	£6.79	£7.79
<b>Coronation chicken</b> gf	£6.79	£7.79

\* Toast your sandwich or baguette for an extra 30p

## PANINI

Toasted to order, served with seasonal salad and creamy coleslaw.







<b>Suffolk-smoked ham and tomato</b> df	£7.39
<b>Tuna and red onion</b> df	£7.59
<b>Bacon and cranberry</b> df	£7.59
<b>Sausage and red onion chutney</b> df	£7.59

Served with chips or sweet potato fries add £1.50

All of the above served until 3pm


















## HOT LUNCHES

<b>Suffolk-smoked gammon ham, egg and chips</b>  	£9.99
Served with local fried eggs and double cooked chips	
<b>Chilli con carne</b>  	£9.99
Served with rice and tortilla chips	
<b>Sausage and mash</b> 	£10.49
Served with seasonal vegetables and gravy	
<b>Stuffed jackets with cheese and red onion</b> 	£9.79
Served with seasonal salad and creamy coleslaw	

## JACKET POTATO

Our British potatoes are baked daily. Served with seasonal salad and creamy coleslaw.

<b>Baked beans</b>  	£7.59
<b>Coleslaw</b>  	£7.59
<b>Cottage cheese and pineapple</b> 	£7.59
<b>Mature cheddar</b> 	£7.59
<b>Mature cheddar and beans</b> 	£7.79
<b>Butcher's pork &amp; leek sausage and beans</b> 	£7.79
<b>Tuna mayonnaise</b>  	£8.39
<b>Tuna mayonnaise and mature cheddar</b> 	£8.99
<b>Chilli con carne</b>  	£9.29
<b>Prawns in marie rose sauce</b>  	£9.39

## PLOUGHMAN'S

Served with seasonal salad, creamy coleslaw, plum & ginger chutney, black grapes and granary walnut, white bloomer or gluten free bread.

<b>French brie, white cheddar and red leicester</b> 	£9.29
<b>Suffolk-smoked gammon ham</b>  	£9.29
<b>Stilton, mature cheddar and red leicester</b> 	£9.39
<b>Mature cheddar and Suffolk-smoked gammon ham</b> 	£9.39

## SEASONAL SALAD OF THE DAY

£9.99

See Specials Board.

All of the above served between 11.45am and 2.30pm

## SIDE ORDERS

Medium cut double-cooked chips	gf df	£2.99
Sweet potato fries	gf df	£3.99
Cheesy chips with mature cheddar	gf	£3.99
Creamy coleslaw	gf df	£1.99
Mixed leaf side salad with red onion	gf df	£2.99
Mixed vegetables	gf df	£2.99
Buttered new potatoes	gf	£2.99

## CHILDREN'S MEALS

Family favourites for the under 12s.  
Sandwiches and hot lunches.  
Menu available on our main counter.  
Staff will help you with 'free from' choices.

## THE FOLLOWING ARE SERVED ALL DAY

Two slices of white, granary or gluten free toast	gf df	£1.89
Tiptree preserves		65p
Sausage roll	df	£2.59
Gluten and dairy free scone (contains nuts)	gf df	£2.59

Scones are homemade at Perrywood,  
frozen to ensure freshness and then warmed to order

KEY: **gf** Gluten Free **df** Dairy Free

Please note that we cannot guarantee these dishes do not contain trace – because all our food is freshly made in the same kitchen on site. Every effort is made to avoid cross contamination.

