



FRESHLY
MADE &
DELICIOUS

“FREE FROM”
MENU

GLUTEN FREE
& DAIRY FREE

PERRYWOOD BREAKFAST



COOKED BREAKFAST SERVED UNTIL 11AM

Traditional - Gluten Free gf £6.99

Three rashers of butcher's premium back bacon, two fried, scrambled or poached local eggs, mushrooms, grilled tomatoes, baked beans and gluten free toast

Traditional - Dairy Free df £6.99

Two rashers of butcher's premium back bacon, butcher's pork & leek sausage, fried, scrambled or poached local egg, mushrooms, grilled tomatoes, baked beans and white or granary toast

Vegetarian gf df £6.99

Two Linda McCartney sausages, fried, scrambled or poached local egg, mushrooms grilled tomatoes, baked beans and white, granary or gluten free toast

Light gf df £5.49

Two rashers of butcher's premium back bacon, fried, scrambled or poached local egg, grilled tomatoes, baked beans and and white, granary or gluten free toast

Fried, scrambled or poached local eggs gf df £3.99

on white, granary or gluten free toast

BREAKFAST SANDWICHES SERVED UNTIL 11.30AM

Breakfast sandwich on white, granary or gluten free bread £3.99

Choice of butcher's premium back bacon gf df

or butcher's pork & leek sausage df

White breakfast baguette £4.49

Choice of butcher's premium back bacon df

or butcher's pork & leek sausage df

THE FOLLOWING DISHES ARE SERVED ALL DAY

Baked beans on white, granary or gluten free toast gf df £2.99

Two slices of white, granary or gluten free toast gf df £1.89

with butter/dairy free sunflower spread

Tiptree Preserve – strawberry, raspberry, blackcurrant or marmalade 65p

Gluten & dairy free scone (contains nuts) gf df £2.59

with butter/dairy free sunflower spread

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

Sausage Roll df £2.49

Flaky pastry with butcher's pork sausage meat

Fruit Compote, granola and Greek yoghurt sundae gf £4.99

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

SOUP (served from 11am – 3pm)

Freshly made hot soup served with white, granary or gluten free bread or roll.

Chef's soup of the day   £4.99

Soup and half a sandwich of your choice   £6.99
on white, granary or gluten free bread

CLASSIC SANDWICHES

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

Free range egg mayonnaise and cress  

Suffolk-smoked gammon ham*  

Served with a choice of tomato, cucumber or wholegrain mustard

Butcher's premium back bacon, crispy lettuce and sliced tomato*   £5.59 £6.59

Tuna mayonnaise*   £6.09 £7.09

Served with cucumber, sweetcorn or red onion

Prawns in a marie rose sauce   £6.59 £7.59

Chicken mayonnaise   £6.59 £7.59

Sandwiches available gluten free (not baguettes)


* Toast your sandwich or baguette for an extra 30p

PANINI

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

Bacon & cranberry  £7.29

Tuna & red onion  £7.29

Ham & tomato  £7.29

Sausage & red onion chutney  £7.29

Served with medium cut double-cooked chips £8.99

HOT LUNCHES

Suffolk gammon ham   £9.99

Served with local fried eggs & double cooked chips

Chilli con carne   £9.99

Served with rice & tortilla chips

Pork & leek sausages  £9.99

Served with mashed potato, peas & gravy

Stuffed jackets with cheese & red onion  £9.49

Served with seasonal salad & creamy coleslaw

JACKET POTATO

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

Baked beans gf df	£7.39
Coleslaw gf df	£7.39
Cottage cheese & pineapple gf	£7.39
Mature white cheddar gf	£7.39
Mature white cheddar & beans gf	£7.39
Mature white cheddar & coleslaw gf	£7.39
Butcher's pork & leek sausage & beans df	£7.39
Tuna mayonnaise gf df	£8.29
Tuna & mature cheddar gf	£8.99
Chilli con carne gf df	£8.99
Prawns in marie rose sauce gf df	£9.29

THE PERRYWOOD PLOUGHMAN'S

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

Mature white cheddar, red leicester and french brie or stilton gf	£8.99
Suffolk-smoked gammon ham gf df	£8.99
Mature cheddar & Suffolk-smoked gammon ham gf	£8.99

SEASONAL SALAD OF THE DAY

£9.49

Please see the daily specials board.

SIDE ORDERS

Medium cut double-cooked chips gf df	£2.99
Medium cut double-cooked chips with grated mature white cheddar gf	£3.99
Creamy coleslaw gf df	£1.89
Mixed leaf side salad with red onion gf df	£2.99
Mixed vegetables gf df	£1.99

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.

