

From the bakery

Homemade sultana scone	£2.40
Served with butter	
Homemade cheese scone	£2.40
Served with butter	
Tempting tray bakes	£2.65
Ask for today's tasty choices	
Sensational sponge cakes	£3.50
Check out our cake display for choices	
Jam & cream scone	£3.50
Homemade sultana scone, jam and clotted cream	
Toasted teacake	£2.10
Served with butter	
Luxury fruit loaf	£2.95
Served with butter	

GF - our gluten free cakes are prepared in a kitchen that also uses products containing gluten

Hot drinks

Traditional tea	£2.10
Loose leaf luxury tea	£2.45
Earl Grey, Moroccan mint, Fruit punch, Lemon and ginger, Easy green tea, Wild nettle, English Breakfast Tea, De-caffeinated tea, Jasmine, Coconut	
Marlows Garden Blend Tea	£2.45
Lotus Rose, Rose Petal & Rose Bud	
De-caffeinated tea/Redbush tea	£2.25
Filter coffee	£2.10 / £2.50 / £2.75
Americano	£2.20 / £2.60 / £2.85
Latte	£2.45 / £2.85 / £3.00
Cappuccino	£2.45 / £2.85 / £3.00
Flat white	£2.70
Espresso	£1.70 / £2.20
Cortado	£2.65
Served with a biscuit on the side	
Macchiato	£2.05
Mocha	£2.65 / £2.95 / £3.20
Hot chocolate	£2.45 / £2.75 / £2.95
Luxury hot chocolate	£3.25
Large with cream and marshmallows	
Chai spiced rose latte	£3.10
Turmeric Latte	£3.00
Extra shot	£0.60
Syrups	£0.60
Cup of hot water with lemon	£0.50

We offer full fat/skimmed or soya milk, as well as coconut, oat and almond milk at an additional charge of 50p



Sweet treats

Sweet treats	£4.50
Check out our blackboard or ask your server for today's choices	
Locally made ice cream:	
2 yummy scoops!	£3.50
3 yummy scoops!	£4.95

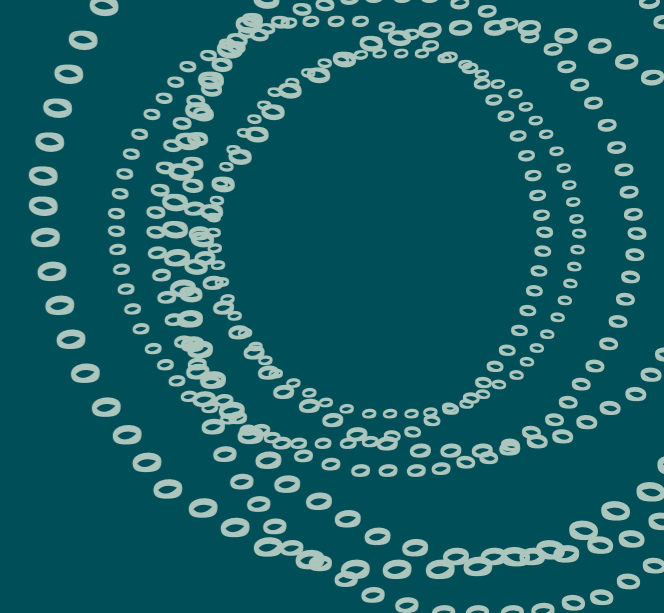
Cold drinks

Pepsi / diet Pepsi	£2.30
Still / sparkling water	£1.85
Breckland local Posh Pop	£2.75
Ginger beer & chilli, Plum & cherry, Dandelion & burdock Cloudy lemonade, Elderflower & pear, Cream soda & rhubarb Sloe lemonade & rose, Strawberry & rhubarb	
Mr Fitzpatrick's Cordial	£2.75
Also available to buy in store...	
Lime & lemongrass or Sour cherry, red grape & hibiscus	
James White local apple juice	£2.85
Russet, Cox or Bramley	
Orange juice	£1.95
Milkshake	£3.50
Ask for flavours	
Luxury milkshake topped with cream	£4.50
Ask for flavours	
Iced latte or iced mocha	£3.50
Nitro cold brew coffee	£2.95
Mini bottle of wine	£3.75
Merlot or Sauvignon	
Mini bottle prosecco	£5.95
White or Rosé	
Aspall Waddlegoose apple/berry cider	£3.75
Adnams Ghost Ship	£3.55
Adnams Lighthouse	£3.55
Adnams Ease Up	£3.55
Adnams Earl Grey lager	£3.55
Greene King East Coast IPA	£3.55
Greene King Yard Bird pale ale	£3.15
Peroni lager	£3.15

Please sit down, peruse the menu and then place your order at the counter



Please note: only food purchased here can be eaten in the cafe. Thank you!



MARLOW'S
the kitchen

MENU

PLEASE PLACE YOUR ORDER
AT THE COUNTER WHEN READY
thank you

For the early bird...

Served from;
8.30am - 11am, Mon - Sat
10am - 11am, Sunday

Breakfast

We use free range eggs, choose fried or poached

The Marlow's perfect start	£8.95
Local pork sausage, 2 rashers back bacon, fried egg, grilled tomato, hash brown, buttered button mushrooms and baked beans served with a slice of toast.	
Light breakfast	£5.75
Local pork sausage, back bacon, fried egg, grilled tomato, hash brown and baked beans	
Veggie breakfast ✓	£5.75
Grilled tomato, buttered button mushrooms, 2 hash browns, fried egg and baked beans	
Children's Breakfast	£3.95
Choose 3 items with a slice of toast	
Marlow's Benedict	£7.95
Toasted buttered muffin with 2 poached eggs, 2 rashers crispy back bacon and hollandaise	
Avocado on toast ✓	£6.95
Smashed avocado on sourdough toast with 2 poached eggs and grilled cherry tomatoes	
Granola ✓	£4.50
Served with Greek yoghurt and compote	
Suffolk sausage & sourdough	£3.95
2 local pork sausages in buttered sourdough bap	
Crispy bacon & sourdough	£3.95
2 rashers crispy bacon in buttered sourdough bap	
Freshly baked croissant & pastries	£2.20
Toasted fruit loaf	£2.95
Toast	£1.95
2 slices of white or brown with butter	
Tiptree jam	£0.65

A little extra

Extra sausage	£1.25	Grilled tomato	£1.10
Extra slice of bacon	£1.25	Portion mushrooms	£1.10
Extra egg	£1.10	Hash browns	£1.10
Portion of beans	£1.10		

The food we serve in our Kitchen Café is from a traditional kitchen and may contain traces of nuts, gluten and other allergens. Please speak to a member of the team if you have any allergies.

✓ Vegetarian
✓ Vegan

Lunch

Served from;
11am - 4pm, Mon - Sat
11am - 3pm, Sunday

Toasted paninis

Served with Marlows salad and balsamic dressing

Cheddar, ham & red onion chutney	£6.95
BBQ chicken with cheddar	£6.95
Goat's cheese, pesto & sundried tomato ✓	£6.95
<i>Add a pot of skin on fries</i>	£1.75

Classic toasties

All served with mixed leaves and balsamic dressing

Cheddar & red onion chutney ✓	£5.95
Cheddar & ham	£5.95
Cheddar, chorizo & sweet chilli jam	£5.95
Tuna melt	£5.95
<i>Add a pot of skin on fries</i>	£1.75

Sandwiches

Served on white, brown or gluten free bread with salad garnish

Coronation chicken & mixed leaves	£5.50
Honey roast ham, cheddar with fig & plum chutney	£5.25
Prawn mayonnaise with rocket	£5.95
Egg, mayonnaise & watercress ✓	£4.95
Tuna mayonnaise & cucumber	£5.50
Warm local sausage sandwich with wholegrain mustard mayonnaise on the side	£5.25
Cheddar and tomato apple chutney	£4.95

For the little ones (under 12s)

Mini battered fish with chips & peas	£5.50
Sausage, creamy mash & peas	£5.50
Cheesy bean boat with a cheese sail on a pool of beans ✓	£5.50
All children's meals are served with a child's drink	
Children's picnic	£4.95

Mini sandwich (cheese or ham), yogurt, raisins, Pom Bears and your choice of child's drink

Check out the
blackboard
for our lunch
specials!

Served from 12 midday until 2.30pm

Marlows Signature Dishes

Chilli bowl & potato wedges topped with cheddar	£6.95
Served with sour cream	
Hand battered cod served with skin on fries, garden peas & homemade tartare sauce	£10.50
(Ask a member of staff about gluten free fish & chips!)	
Homemade sausage roll	£4.25
Sausage roll with salad garnish & today's chutney or jam	
Suffolk Rarebit	£6.95
Two slices of sour dough toast topped with Adnams ale and cheddar with salad garnish and red onion chutney	
Grain & vegetable feta salad	£8.95
Grain & roasted vegetable salad with feta and pomegranate	
Chicken Caesar salad	£8.95
Sliced chicken breast, gem lettuce, Caesar dressing and homemade croutons topped with parmesan shavings	

Homemade soup of the day

Served with Freshly Baked Bread	£5.25
Served with Cheese Scone	£6.50

Baked jacket potatoes

Served with homemade slaw and Marlows Salad with balsamic glaze

Prawn mayo topped with rocket	£7.95
Classic cheddar & beans ✓	£6.95
Tuna mayo with spring onion	£6.75
Coronation chicken & mango chutney	£7.95
Goats cheese, pinenut & spinach topped with red onion chutney ✓	£7.50
Melted cheddar cheese ✓	£6.75
Beans jacket ✓	£6.75
Chilli & cheddar cheese	£7.95
Crushed avocado, chilli flakes & roasted cherry tomatoes ✓	£7.50
Plain jacket & butter ✓	£5.75
<i>Extra toppings</i>	£1.75

A little extra

Large skin on fries	£2.95	Marlow's side salad	£2.00
Bread & butter	£1.50	Homemade slaw	£1.50