

MENU

For the early bird...

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 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 mushrooms, 2 hash browns, fried egg and baked beans	
NEW! Vegan breakfast ✓	£6.95
Roasted Portobello mushroom topped with wilted spinach, grilled tomato, two hash browns served with avocado on brown toast and topped with pumpkin seeds	
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 ✓	£7.95
Smashed avocado on sourdough toast with 2 poached eggs and roasted red pepper - vegan option available	
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	£0.70

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		

Served 8.30am - 11am Mon-Sat

Served 10am - 11am Sunday

Lunch

11am - 4pm Mon-Sat
11am - 3pm Sunday

Toasted paninis

Served with Marlow's salad and balsamic dressing

NEW! Chorizo, spinach & feta with sweet chilli jam	£6.95
NEW! Chicken, roasted red pepper & applewood smoked cheese	£6.95
NEW! Goat's cheese, tomato & apple chutney & rocket ✓	£6.95
Add a pot of skin on fries	£1.75
NEW! Add a pot of sweet potato fries	£2.95

Classic toasties

All served with mixed leaves and balsamic dressing

Cheddar & red onion chutney ✓	£5.95
Cheddar & ham	£5.95
Cheddar & tomato	£5.95
Tuna melt	£5.95
NEW! Vegan cheese, pesto & sundried tomato ✓	£5.95
Add a pot of skin on fries	£1.75
NEW! Add a pot of sweet potato fries	£2.95

Sandwiches

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

Coronation chicken & mixed leaves	£5.50
Honey roast ham, cheddar with tomato & apple chutney	£5.50
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
NEW! Avocado, lettuce & tomato ✓	£5.25

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	

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

Check out the blackboard for our lunch specials!

Served from 12 noon until 2.30pm

Marlow's Signature Dishes

BESTSELLER! Chilli bowl & potato wedges topped with cheddar and served with sour cream	£6.95
Hand battered cod served with skin on fries, garden peas & homemade tartare sauce (Ask a member of staff about gluten free fish & chips!)	£10.50
Homemade sausage roll	£4.25
Sausage roll with salad garnish & today's chutney or jam	
Suffolk Rarebit	£7.50
Sour dough toast topped with Adnams ale and cheddar with salad garnish and tomato chutney	

Marlow's Salads

Chicken & bacon Caesar salad	£9.95
Sliced chicken breast, gem lettuce, Caesar dressing and homemade croutons topped with parmesan shavings and crispy bacon	
NEW! Warm roasted vegetable & quinoa salad with garlic dressing ✓	£8.95
NEW! Olive, tomato & pesto grain bowl with micro greens, pea shoots & fresh basil infused olive oil ✓	£8.95
Add chicken	£2.00
Add halloumi	£1.50

Homemade soup of the day

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

Baked jacket potatoes

Served with homemade slaw and Marlow's Salad with balsamic glaze

Prawn mayo topped with rocket	£7.95
Classic cheddar & beans ✓	£6.95
Vegan option available ✓	£7.50
Tuna mayo with spring onion	£6.95
Coronation chicken & mango chutney	£7.95
Goats cheese, pinenut & spinach with red onion chutney ✓	£7.50
Melted cheddar cheese ✓	£6.75
Beans jacket ✓	£6.75
Chilli & cheddar cheese	£7.95
NEW! BBQ pulled jackfruit, pickled slaw topped with spring onion & chillies ✓	£7.50
Plain jacket & butter ✓	£5.75
Extra toppings	£1.75

A little extra

Large skin on fries	£2.95	Marlow's side salad	£2.50
NEW! Sweet potato fries	£3.95	Homemade slaw	£2.00
Bread & butter	£1.50		

From the bakery

Homemade sultana scone	£2.50
Served with butter	
Homemade cheese scone	£2.50
Served with butter	
Tempting tray bakes	£2.75
Ask for today's tasty choices	
Sensational sponge cakes	£3.50
Check out our cake display for choices	
Jam & cream scone	£3.75
Homemade sultana scone, jam and clotted cream	
Toasted teacake	£2.20
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	£2.15
Loose leaf luxury tea	£2.50
Earl Grey, Moroccan mint, Fruit punch, Lemon and ginger, Easy green tea, Wild nettle, English Breakfast Tea, De-caffeinated tea, Jasmine, Coconut	
Marlow's Garden Blend Tea	£2.50
Lotus Rose, Rose Petal & Rose Bud	
De-caffeinated tea/Redbush tea	£2.30
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	£2.75 / £3.00 / £3.30
Hot chocolate	£2.45 / £2.75 / £2.95
Luxury hot chocolate	£3.50
Large with cream and marshmallows	
Chai spiced rose latte	£3.20
Turmeric Latte	£3.00
Extra shot	£0.65
Syrups	£0.65
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

MARLOWS
the kitchen
MENU

PLEASE PLACE YOUR ORDER
AT THE COUNTER WHEN READY

thank you

Sweet treats

Sweet treats	£4.50
Check out our blackboard or ask your server for today's choices	
Criterion Ice Cream locally made in Thurston	
2 yummy scoops!	£3.50
3 yummy scoops!	£4.95

Cold drinks

Pepsi / diet Pepsi	£2.40
Still / sparkling water	£1.95
Breckland local Posh Pop	£2.95
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
<i>Also available to buy in store...</i>	
Lime & lemongrass or Sour cherry, red grape & hibiscus	
James White local apple juice	£2.95
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	£4.50
Merlot or Sauvignon	
Mini bottle prosecco	£5.95
White or Rosé	
Aspall Waddlegoose apple/berry cider	£4.25
Adnams Ghost Ship	£3.75
Adnams Lighthouse	£3.75
Adnams Ease Up	£3.75
Greene King East Coast IPA	£3.75
Greene King Yard Bird pale ale	£3.35
Peroni lager	£3.35

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!