



# ROOTS

ROUGHAM ESTATE CAFÉ

## BREAKFAST

SERVED FROM 9 - 11

**Roots in-House Granola** vg 7.95  
Served with non-dairy yoghurt and seasonal compote

**Porridge** v 5.95  
Served traditionally with water and salt, topped with your choice of: **Banana & Honey** or **Fruit Compote**  
Add Double Cream + £1

**Roots Fry-Up** 12.50  
Thurston Butchers sausage and black treacle bacon with a free range egg, mushrooms, beans, hash browns and a slice of white or wholemeal toast  
*Make it vegetarian or gluten free*

**Scrambled Egg** v 6.95  
Served on two slices of toasted sourdough  
Add Smoked Salmon | Bacon | Spinach & Mushrooms + £2.95

**Sausage or Bacon Roll** 5.95  
Thurston Butchers sausage or bacon in a soft white roll. Add Egg + £1.50

**Egg roll** v 4.95  
Two fried eggs in a soft white roll

**Toast** v 3.95  
White or wholemeal bread and butter with your choice of Preserves or Rougham Estate Honey

**Breakfast Pastries** 3.85

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**Sandwiches - all day** 7.95  
Served on white or wholemeal bread, from The Friendly Loaf Bakery with salad garnish and crisps.  
Gluten free bread available.

**Suffolk Ham & Wholegrain Mustard**  
**Tuna & Sweetcorn**  
**Egg Mayonnaise & Cress** v  
**Cheddar Cheese & Chutney** v  
**Prawn Marie Rose**

**Houmous & Roasted Veg Open Sandwich**  
served on sourdough

## LUNCH

SERVED FROM 12 - 14.45

**Seasonal Homemade Soup** v 5.50  
Served with a soft white roll or wholemeal bread

**Mac & Three Cheese** v 11.50  
Served with garlic bread and a side salad

**Rougham Venison Casserole** 10.95  
Rougham Estate venison cooked in a rich red wine gravy served with crusty bread

**Suffolk Chicken Caesar Salad** 13.95  
Thurston Butchers' chicken breast on a bed of cos lettuce, topped with herby croutons, Parmesan and homemade Caesar dressing (contains anchoives)

**Roots Warm Seasonal Salad** vg 10.95  
Seasonal vegetables roasted with garlic, on a bed of rocket and couscous topped with Roots salad dressing

**Sausage Roll or Scotch Egg** 5.95  
Black Dog Deli sausage roll or Edis of Ely scotch egg served with a side salad and house slaw

**Thurston's Vegan Roll** vg 5.95  
Served with a side salad and house slaw

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## Cakes - all day

A selection of homemade traybakes and cakes are available including gluten free, nut free and vegan. Please ask for details.

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## ALLERGEN INFORMATION

Please note that our dishes may contain allergens such as dairy, nuts, eggs, gluten and seafood. We're more than happy to answer any questions about our ingredients. If you have any allergies or dietary restrictions, please let us know before ordering so we can do our best to accommodate.

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Tag us @roughamestate  