



To Start

Warm bread and olives £5.50

oils and balsamic

Soup of the day £7.00

ciabatta

Wild mushroom tartlet £9.00

parmesan shard, wild flower honey, truffle mayonnaise (v)

Crispy pork ballotine £8.25

spiced pineapple, kimchi, apple slaw, maple yoghurt

Crab Bon Bons £9.25

Green Thai curry sauce, pickled cucumber

Blue corn tostada £8.00

Tahini, pomegranate, roasted baby tomato, feta (V)

Moules Marinere £9.00 | £15.00

white wine sauce, ciabatta

Crayfish cocktail £8.00

Gin spiced marie rose, gem lettuce, basil oil

Mains

Spiced madras monkfish curry £19.50

basmati rice, crispy king prawn, popadom

Chef's chicken and mushroom pie £17.00

buttered mash, house gravy, seasonal vegetables

Fish of the day and triple cooked chips £16.95

home made pea puree, house tartare, charred lemon

Pan fried seabass £17.50

Mediterranean giant Cous Cous, honey harissa sauce, mango and coriander salsa, crispy kale

Pea and asparagus risotto £16.50

Basil oil, parmesan crisp, fresh peas and shoots (v)

Trowel and Hammer beef burger £16.50

house bbq sauce, smoked cheddar, crispy onion, gem lettuce, tomato, triple cooked chips

Korean chicken burger £16.95

pickled red cabbage, spicy mayo, crispy noodle, asian slaw, triple cooked chips

Crispy Korean cauliflower burger £15.50

pickled cabbage, asian slaw, triple cooked chips (v)

Sharing rib of beef £65.00

home made onion rings, truffle chips, portobello mushroom, vine roasted tomato,

bearnaise sauce, rocket salad (for two people)

Sirloin steak £27

home made onion rings, truffle chips, portobello mushroom, vine roasted tomato,

bearnaise sauce, rocket salad

Tomahawk pork chop £18.00

fondant potato, roasted apple, cider and wholegrain sauce

On the side

Home made onion rings £3.50 | Truffle chips £6.00 | Triple cooked chips £4.00 |

Pesto new potatoes £4.00 | Side salad £3.50 | Fresh pecorino green beans £4.00 | Fries £3.00

Please inform us of any allergies

Gluten Free options available

The Suffolk agricultural industry and supporting local businesses is very important to us at the Trowel. Therefore we are sourcing everything as locally as possible. All our meat is supplied by local butchers, with some of the beef grown just 5 miles away!



To finish

Mint Chocolate £8.50

Aero ice cream, torched mint marshmallow, chocolate mousse, chocolate soil

Poached pear crumble £8.00

vanilla ice cream

Deconstructed Eton Mess £8.25

strawberry and cream ice cream, meringue, mint lemon gel and pickled strawberry

White Chocolate parfait £8.50

roasted apple gel, honey roasted pecan cherry, popcorn

Miso and white chocolate crème brulee £8.00

Local cheese board £9.00

please ask for details of the cheeses, served with crackers and chutney

Ice cream £1.50 per scoop

Please ask for flavours

Hot drinks

Americano £2.50 | Flat white £3.00 | Espresso £2.50 | Cappuccino £3.00
Latte £3.00 | Mocca £3.00 | Hot chocolate £3.00 Deluxe hot chocolate £3.50 Decaff
Americano £2.50

English breakfast tea | Decaff tea | Green tea | Peppermint tea £2.40



Children's menu

All £8.00

Best of British Sausage with mashed potato

Peas and Onion gravy

Grilled chicken fillet

with a choice of chips or new potatoes and greens

Pasta

freshly made tomato sauce and grated cheese

Fish of the day and triple cooked chips

peas

Pudding

Ice cream pot £3.00

Vanilla. Chocolate or Strawberry

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Gluten Free options available



Light bites

Half pint shell on prawns £7.50

Marie Rose, ciabatta

Trowel Salad £8.00

Mixed leaves, crispy new potatoes, nectarines, pesto, walnuts (v)

Add chicken £5.00 Add buratta £7.00

Suffolk Ploughman's £13.95 (£24.00 for 2 people sharing)

*Selection of local meats and cheeses, scotch egg, pork pie, pickles,
red onion chutney and toasted ciabatta*

Sausage roll, Pork pie or Scotch Egg £4.00

Chilli jam or red onion chutney

Whitebait £7.50

House tartare, charred lemon

Filled Ciabatta sandwich £9.50

side salad, crisps and home made coleslaw

-Brie, chicken, bacon, cranberry

-Goat's cheese, red onion chutney, rocket

-Suffolk ham, dill pickle, mozzarella, Dijon mayonnaise



Trowel Roasts

All of our roasts are accompanied by garlic and rosemary roasties, honey and thyme roasted carrots, seasonal greens, Yorkshire pudding and house gravy.

Norfolk pork belly with crispy crackling £16.50

Free range chicken £16.00

Vegetable wellington £14.50 (v)

Children's roast and ice cream £12.50

Add cauliflower cheese £4.00