



## **The John Barleycorn**

*Is proud of our suppliers Please meet them*

### ***Blythburgh Free range Pork***

*Blythburgh Free Range pigs are born on the sandy soils of the Suffolk Heritage Coast. The piglets remain with their Mothers (sows) in insulated arcs for nearly four weeks until they reach a healthy size and strength to be weaned off milk onto solid food. This means the sows can have a well earned rest allowing them to recover after having so many hungry mouths to feed and the piglets are moved into large straw filled tents and huts that become their new homes.*

### ***Denham Estate Venison***

*The Denham Estate occupies 1200 acres of picturesque Suffolk countryside with a herd numbering up to 3000 Fallow deer which have inhabited this region since their introduction in Norman times.*

*The Denham Herd is internationally recognised as one of the elite fallow deer herds of the world.*

*It is the largest herd in Europe and is acknowledged as a leading example of deer farming undertaken in keeping with the foremost principles of animal welfare and good husbandry.*

### ***Knights Meats***

*All steaks are produced from prime quality aged steer beef before preparation and hung for 28 days. The same high level specification applies across the full range of products, plus our home produced handmade sausages are another success story for **Knights Meats**.*

### ***M & J Sea Foods***

*M&J Seafood have set up the British skippers scheme with specially selected skippers and boats around Britain, to bring you the finest quality fresh fish, caught responsibly. Through the scheme we receive reports direct from the fishermen who are catching our fish, letting us know what they're going to land. We then have access to the best of their catch.*

### ***Accent Fresh Fruit and Vegetables***

*With the emphasis on 'local' produce becoming ever more important to the end user, accent Fresh Ltd feels very privileged to be located in Downham Market, Norfolk.*

## *Starter*

### ***Soup of the Day £4.50***

*Chef's homemade soup with crusty bread roll*

### ***Thai Fish Cakes £5.50***

*Flaked Coley with spring onion, lime, coriander, green chilli and ginger Served on poached Pak Choi finished with Cucumber dipping sauce*

### ***Baked Camembert (individual) £ 7.50***

*Thyme and Garlic marinated Camembert baked and served with Spiced Apple chutney and baked roll*

### ***Fresh Tagliatelle £5.50***

*Fresh assorted wild mushrooms with lemon, tarragon and shaved Parmesan finished with toasted pine nuts and olive oil*

### ***Terrine of Gressingham duck £6.25***

*Confit of duck in a pressed terrine with apricots served with toasted brioche, date puree finished with a dressed micro herb salad*

### ***Hot Smoked Salmon Pâté £5.75***

*Fresh Pâté made from hot smoked salmon served with Melba toast, watercress and ribbons of lightly pickled courgette marinated in thyme and a lemon olive oil*

### ***Seared Scallops Salad £7.95***

*Seared black pearl scallops, pan fried baby chorizos and roasted red pepper finished with parsley vinaigrette*

### ***Denham Estate Pigeon Breast Salad £5.75***

*Pigeon breast, pancetta lardons and new potatoes pan fried and served in a fresh salad of pear and lollo rosso finished with honey and balsamic dressing*

### ***Bread basket (baked to order) £3.25***

*Four rustic breads with extra virgin olive oil and balsamic vinegar*

### ***Olives £2.50***

*(Marinated green verdial olives with, garlic, paprika cumin and aromatic herbs)*

## **Mains**

LAMB

### **Navarin of ~~Oxtail~~ £11.25**

*A winter stew of oxtail and baby root vegetables served with a parsnip mash and finished with carrot crisps*

### **Pan Fried Fresh Organic Scottish salmon £11.95**

*Served with creamed potatoes, caramelized endive, wilted spinach and finished with a salsa Verde and micro herbs*

### **Fresh Tagliatelle £9.25**

*Fresh assorted wild mushrooms with lemon, tarragon and shaved Parmesan finished with toasted pine nuts and olive oil*

### **Bangers and Mash £9.25**

*Specialist venison and black pepper sausages served on redcurrant mash finished with red wine jus and fried leeks*

### **Homemade Pie £9.95**

*Chef's renowned homemade pie with a short crust pastry served With a choice of creamy mashed potato or skin on chips and vegetable of the day*

### **Fish and Chips £9.25**

*Deep fried haddock in our own beer batter served with skin on chips, crushed peas and a side of tartar sauce*

### **Supreme of corn Fed Chicken £10.95**

*Roasted Supreme of chicken served on chive mash and wilted spinach finished with creamed assorted wild mushrooms*

### **Denham Estate pigeon breasts salad £10.45**

*Pigeon breasts, pancetta lardons and new potatoes pan fried and served in a fresh salad of pear and lollo rosso finished with honey and balsamic dressing*

### **Roasted Blythburgh Free Range Rack of Pork £12.95**

*Served with cubes of pan fried potatoes and black pudding, honey glazed parsnips, caramelized apple and finished with a thyme jus*

**Denham Estate Haunch of venison £16.45**

*Served with fondant sweet potatoes and braised red cabbage finished with a red wine jus*

**Goats Cheese Salad £8.95**

*Sun blush tomatoes, Croutons, spring onion, radishes and roasted red pepper mixed salad and finished with honey and balsamic dressing*

**Herb and Shellfish risotto £13.95**

*Served with pan fried scallops and langoustines finished with salmon roe and micro herbs salad*

*(Can be served as a vegetarian option)*

**PARTRIDGE**

**Roasted ~~French Guinea fowl~~ supreme £12.95** (MAY BE OFF THE MENU)

*Roasted Guinea fowl served with a confit drumstick on a split pea and cumin puree finish with a veal jus*

**Fillet of Beef £19.95**

*Oven roasted fillet of beef cooked to your liking served with whole grain mustard mash and Aubergine puree finished with red wine jus*

**Steaks (Flame grilled)**

*8oz Rib Eye steak £13.95*

*8oz Sirloin steak £14.95*

*16 oz T Bone Steak £19.95*

*All served with skin on chips, vine tomatoes, flat mushroom finished With rocket salad*

**Sauces £1.95**

**Green Peppercorn, Stilton or wild mushroom gratin**

*Side orders £2.50*

*New potatoes*

*Pan-fried Potatoes and black pudding*

*Hand Cut skin on chips*

*Mixed leaf salad with a honey and wholegrain mustard dressing*

*Vegetable of the day (please ask for variety)*

## *Desserts*

### ***Warm banana and chocolate cake £5.50***

*Served with toffee sauce, vanilla dream ice cream and finish with honeycomb*

### ***Dark chocolate and hazelnut cheesecake £5.75***

*Finished with a chocolate pencil and hazelnut praline*

### ***Warm pear crumble slice £5.50***

*Served With half a poached pear finished with crème anglaise*

### ***Vanilla crème brulee £5.50***

*Served with a dark Cherry compote, fruit and nut croquette*

### ***Cheese Selection £7.50***

*Yorkshire Blue, Wensleydale with cranberries and Brie  
served with grape chutney, celery sticks and biscuits*

### ***Movenpick Ice Cream £5.25***

*A choice of three, Vanilla dream, Strawberry with strawberry chunks, mint  
Chocolate, hazelnut, pistachio, Rhubarb, Panna cotta & Raspberry, Rum &  
Raisin, Tiramisu, Cognac, Swiss Chocolate served in a wafer basket with  
chocolate sauce*

### ***Movenpick Sorbet £5.25***

*A choice of passion fruit & mango, lemon, pear or cassis, Raspberry &  
strawberry*

*Served in a wafer basket with a fruit couli*