

munchies[®]eat-inmenu

see the blackboards or ask your waitress for munchies changing specials.
in the autumn / winter we have a homemade hot pot and a couple of soups.
in the spring / summer we have a pasta dish and a couple of salads.

munchies sandwiches

suffolk free range egg mayo, streaky bacon and salad sandwich	2.80
or plain egg mayo & salad sandwich	2.60
mature cheddar or ham ploughmans sandwich with homemade pickle & salad	3.45
traditional tuna, cucumber, blackpepper, mayo & salad sandwich	3.45
buffalo mozzarella, vine tomato & basil pesto salad sandwich	3.75
local salt beef, horseradish, tomato & salad sandwich	3.95
free range local chicken ceasar, cucumber & salad sandwich	3.95
hummus & caramelised red onion & salad	3.45
lowestoft hot smoked salmon salad with cucumber & dill pickle & mayo	4.95
crayfish & rocket sandwich with lemon mayo	4.95
cromer crab salad & mayo sandwich	5.35
munchies own 100% suffolk red poll beef burger in a bap with homemade pickle, mayo	6.45
chef's special surprise hot club sandwich	5.75

would you like your sandwich toasted 15p extra

munchies toasties

suffolk ham & gruyere	3.95
brie & bacon	3.95
cheddar & vine tomato	3.95
croque madame	4.65

munchies panini

suffolk dry cure bacon, vine tomato & emmental goats cheese, & red onion	5.85
mediterranean vegetable, mozzarella & basil pesto	5.85

munchies famous fry up

munchies fry up with suffolk dry cure bacon, free range egg, local sausages, mushrooms, vine tomatoes & toast with jams	6.45
mini munchies fry up (available until mid-day)	4.95
sorry no variations to the fry up	

munchies all day breakfast

suffolk bacon toasted bap sandwich	3.95
suffolk bacon & free range egg toasted bap sandwich	3.45
suffolk sausage bap sandwich	4.60
suffolk sausage & egg bap sandwich	3.95
suffolk sausage & egg bap sandwich	3.45
suffolk sausage & egg bap sandwich	4.60
creamy mushrooms on toast	4.10
4.55	
croissant grilled with ham or cheese with both	4.55
2.80	
3.25	
toast with jams	2.80
1.95	
2 boiled free-range egg & soldiers	1.95
3.25	
cereal box	1.95

pastries all served warm

pain au chocolate	2.15
pain au raisins	2.15
apricot danish	2.15
croissant plain	1.90
croissant with jam & butter	2.15
almond croissant	2.15
chocolate croissant	2.15
maple & pecan slice	2.25

cakes and puddings

a slice of moist carrot cake	3.05
fresh mango compot with local greek style bio yoghurt	2.60
double chocolate or blueberry giant muffin	2.55
warm with cream or ice-cream	3.05
milk or dark chocolate cookie	1.30
warm lemon drizzle slice with cream or vanilla ice cream	3.05
bread & butter pudding with cream or ice cream	3.05

munchies own tray bakes

classic butter shortbread	1.90
all butter flapjack	2.00
millionaire's shortbread	2.35
boston brownie	2.25
power bar	2.25

suffolk soft scoop ice creams

french vanilla	1.95 1scp	3.15 2scp
fresh espresso coffee	1.95 1scp	3.15 2scp
double strawberry	1.95 1scp	3.15 2scp
belgian chocolate	1.95 1scp	3.15 2scp

our local ice cream is truly amazing with just the fresh ingredients & local milk & cream. there is nothing added or taken away - a real 'must have' experience

salads all with a local wholemeal roll

crayfish salad with mayo	9.25
aldeburgh crab salad with mayo	9.25
buffalo mozzarella, basil pesto & vine tomato	7.95
local free range chicken ceasar salad	7.95
suffolk ploughmans with cheddar, ham & pickle	7.95
suffolk salt beef with horseradish	7.95
hot smoked salmon with cucumber & dill pickle	9.25
munchies special salad	7.95

munchies would like to thank all of the local producers, growers, bakers, farmers and fishermen for all of their hard work and dedication to supplying munchies with the finest local produce available and making our concept of fast, fresh, local food 'on the move' work. without them we couldn't make the delicious foods we do.

lettuce, rocket and salad leaves from fine vine thorpeness. milk, cream, yoghurt and dairy from marybelle. mayonnaise and horseradish from gavin battle at purely pesto. beef red poll from richard pawle of hill top farm, bruisyard. free range eggs from philip cook at laxfield, suffolk. suffolk dry cure bacon from bramfield meats. fresh crabs delivered from cromer by mark windows. handmade suffolk sausages, suffolk hams, cheeses from cleveleys of halesworth suffolk. salt beef made by sally grimwood from local beef. bread & baps from smiths the bakers, aldeburgh. cakes made by susie, nico and frances. our coffee is our best kept secret roasted to order for us, we won't tell!

please pay on the way out