

munchies local soft scoop ice cream menu take away or eat in

1 scoop 1.75

2 scoops 3.00

in a delicious sugar cone or
in a pot with a spoon

warm the cockles of your heart with some
jamaican rum & raisin

banish the blues with our

belgian chocolate

bring some sunshine into your life with exotic

mango alphonse

feast at the court of kings with

french vanilla

double your delight with our fresh cream

double strawberry

relax and chill with our rich

almond toffee crunch

be brave and choose our fiery

stem ginger

go all continental with our elegant

crema pistachio

aldeburgh 454566 southwold 725651

munchies ice cream is supplied by Lakenham creamery

- who are we? – We are a small local business employing 6 staff; 3 in the factory, 2 in the office, and Colin our delivery driver!
- our history – started in 1921 by Mr Christmas Aldous we still make the traditional Aldous ice cream and in 1987 (over twenty years ago!) we started making the gourmet Norfolk County Fresh Cream ice cream and the Eileen's diabetic ice cream.
- method – all our ice creams are made in the traditional batch method. The cream arrives fresh in the morning, goes straight into the pasteuriser where the sugar and eggs are added. After pasteurisation the mix is cooled and 'aged' overnight in special refrigerated vats to allow the full flavour to emerge. It is then frozen down and hand filled into tubs and finally hardened at -25°C ice cream made in the proper 'slow food' way!
- ingredients – all our fresh cream comes from a co-operative of 8 local farms. We only use natural flavours in our Norfolk County range and do not use any artificial colours.
- our ethos- keep it simple – keep it local – give it the 'wow' factor!
- winners of 13 gold Great Taste awards and over 120 national awards.

we hope you enjoy our ice cream and
come back for more!!!