



MENU

COFFEE SHOP

Perrywood

SUDBURY

Breakfast served from 9.00 - 11.30

Where applicable, breakfasts will be served with fried egg(s) and granary toast.
Please state when placing your order if you wish to change your selection

Perrywood Traditional	gfa	dfa	1014kcal / 719kcal	main 12 / light 10	
Sausage, bacon, egg, mushroom, tomato, beans, hash brown					
Perrywood Plant	dfa	vga	854kcal	12	
Plant based sausage, egg, mushroom, tomato, beans, hash brown					
Eggs on toast	gfa	dfa	927kcal	8	
Fried, poached or scrambled on sourdough bloomer					
<i>Add smashed avocado</i>					2
Baked beans on toast	gfa	dfa	vga	869kcal	7
Sourdough bloomer					
Mascarpone mushrooms on toast	gfa		928kcal	7	
Sautéed chestnut mushrooms, sourdough bloomer					
Granola Sundae	gf		CONTAINS NUTS 430kcal	7	
Fruit compote, Greek yoghurt					
Porridge	gfa	dfa		6	
Fruit compote 418kcal or honey 467kcal					
Breakfast sandwiches served until 15.00					
Bacon	gfa	dfa	395kcal	7	
Pork sausage	dfa		369kcal	7	
Bacon and sausage	dfa		584kcal	8	
Plant based sausage	df	vg	301kcal	8	

Toasted Panini served from 9.00 - 15.00

Served with dressed leaves, crisps and coleslaw

Bacon, Somerset Brie, cranberry	902kcal	10
Chicken, chorizo, Monterey Jack	892kcal	10
Tuna, red onion, mature cheddar	963kcal	10
Mozzarella, red pepper, pesto (nut free)	843kcal	10

Jacket Potatoes served from 12.00 - 15.00

Mixed leaf salad, coleslaw

Beans, cheese	gf	738kcal	10	
Chilli con carne	gf	dfa	697kcal	10
Tuna mayonnaise, red onion	gf	dfa	633kcal	10

gf gluten free

df dairy free

vg vegan

gfa gluten free available

dfa dairy free available

vga vegan available

Please let us know if you have any allergens, so we can accommodate them where possible.
Please note we cannot guarantee that our dishes do not contain traces because
our food is all prepared in the same kitchen on site.
Adults need around 2000kcal per day.

Mains served from 12.00 - 15.00

Mushroom and lentil linguine df vg 801kcal / 401kcal	main 14 / light 9
Sourdough garlic bread	
Sausage and mash 862kcal / 594kcal	main 14 / light 10
Onion gravy, seasonal greens	
Florentine fishcake(s) gf 605kcal / 364kcal	main 15 / light 11
Smoked haddock, spring salad, chunky tartare	
Classic steak and ale pie 979kcal	16
Creamy mash, seasonal vegetables, rich gravy	
Hunters chicken schnitzel 1025kcal	16
Herb diced potatoes, coleslaw	
Roasted vegetable and chickpea pie df vg 843kcal	16
Sweet potato mash, seasonal vegetables, rich gravy	
Greek feta and tzatziki salad dfa vga 836kcal	14
Classic Greek salad served with flatbread	

Light Lunches

Chef's homemade soup gfa dfa vga	7.5
Sourdough bloomer	
Ham hock and pea terrine df 257kcal	8
Melba toast, chilli jam	
Perrywood quiche – Please ask for today's specials	12
Mixed leaf salad, coleslaw	
Add jacket potato 210kcal herb diced potatoes 260kcal	2.5

Sides available all day

Toasted teacake dfa vga 340kcal	3.5
Mixed leaf dressed salad gf df vg 76kcal	3.5
Chunky hog roast sausage roll 527kcal	4.5
Herb diced potatoes df vg 320kcal	5
Hash brown bites 388kcal	5
Keralan vegetable pasty df vg 940kcal	6

Sunday Lunch

Roast lunch served alongside our menu every Sunday. All roasts accompanied with crisp roast potatoes, seasonal vegetables, Yorkshire pudding and rich gravy

Beef topside gf df 1095kcal / 853kcal	main 17 / light 13
Beetroot wellington df vg 1314kcal	15
Yorkshire pudding gf df 191kcal	2
Roast potatoes gf df vg 341kcal	4

Childrens Menu

Lighter dishes can also be found on the inside of the menu

Breakfast served from 9.00 - 11.30

- Childrens breakfast** dfa 263kcal 7
Sausage, fried egg, beans, toast
- Childrens beans on toast** gfa dfa vga 265kcal 6
Granary bread
- Childrens egg on toast** gfa dfa 278kcal 6
Granary bread

Lunch served from 12.00 - 15.00

- Sausage and mash** df 286kcal 7
Pork sausage, mash potato, garden peas
- Penne Bolognese** df 263kcal 7
Garlic bread
- Battered fish goujon** df 438kcal 7
Hash brown bites, baked beans
- Jacket with beans** gf df vg 341kcal 7
Add cheese gf 149kcal
- The Perrywood Picnic** dfa vga 7
Sandwich, crisps, crudites, cookie
- Cheese** 628kcal **Ham** 518kcal **Tuna** 576kcal **Jam** 496kcal

Please visit our counter
to see today's choices of
freshly made cakes, bakes,
desserts and scones.

Perrywood
SUDBURY