

FAB BAR & KITCHEN

Great food, FAB coffee, all lovingly made by your local family barista bakers...

SPECIALITY COFFEES

	REG / LARGE
SINGLE ESPRESSO MACCHIATO	2.50
DOUBLE ESPRESSO MACCHIATO	2.90
CAPPUCCINO	3.30 3.50
AMERICANO	2.70 2.90
CAFFE LATTE	3.30 3.50
FLAT WHITE	3.30
CAFÉ MOCHA	3.90
CORTADO	3.30
ICED COFFEE	3.65
OAT / ALMOND / SOYA MILK AVAILABLE.	0.40

DECAFFEINATED SPECIALTY COFFEE AVAILABLE

THE FAB AVIATOR	3.70
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Our own unique coffee creation, a long americano, 2 Dbl Ristrettos, topped with a flat white! Smooth uplifting and delicious. *Perfect for any high flyer.*

ADD A SYRUP	0.60
Vanilla/hazelnut/caramel/cinnamon	

HOT DRINKS

HOT CHOCOLATE	3.55
DELUXE HOT CHOCOLATE	3.85
BABYCINO	0.80
ALL TEAS	2.20

SOFT DRINKS

Sanpellegrino Limonata 330ml	2.95
Sanpellegrino Aranciata 330m	2.95
J20 (assorted flavours) 275ml	2.65
Fentimans (assorted flavours)275ml	2.95
Pepsi Max 12oz glass	2.95
Pepsi 12oz glass	3.25
7Up Free 12oz glass	2.95
Still/Sparkling Water 500ml	1.50
Simply Fruity (kids juice)	1.75

JUICES	
Orange/Cranberry/Tomato/Apple	3.25

WINES

WHITES	175ML 250ML BTL
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SPEARWOOD CHARDONNAY	5.75 / 7.25 / 22.00
<i>Australia, an amazing skinned grape variant wine</i>	

LYRIC PINOT GRIGIO	6.25 / 7.75 / 23.00
<i>Italy, tempting apricot, peach and melon fruit</i>	

CLOUD ISLAND SAUVIGNON BLANC	6.95 / 8.55 / 26.00
<i>New Zealand, fresh & full of fruit flavours</i>	

ROSÉ	
LYRIC PINOT GRIGIO BLUSH	6.25 / 7.75 / 23.00
<i>A light and delicate pink Pinot Grigio that is off-dry on the palate</i>	

REDS	
TIERRA DEL REY MERLOT	5.85 / 7.35 / 22.50
<i>Chilean, medium-bodied, black cherry and plum, displaying further complexity on the palate with hints of cedar and dark chocolate.</i>	

MOST WANTED MALBEC	6.75 / 8.25 / 25.00
<i>South Africa, medium-bodied, smooth, fruity, blackberries, blueberries & a hint of oak</i>	

BUBBLES	125ML / BTL
LYRIC PROSECCO EXTRA DRY	7.00 / 32.00
<i>Extra dry Italian sparkling wine, full of elegance and zest</i>	

CASTLENAU RESERVE CHAMPAGNE	11.00 / 55.00
<i>Elegant & complex, notes of brioche, peach and apple. Reims – France.</i>	

ALL PRICES EXCLUDE MIXERS, &
INCLUSIVE OF VAT AT THE CURRENT RATE

DRINKS FROM THE BAR

DRAUGHT BEER & CIDER	ABV%	HALF / PINT
Carlsberg Pilsner Larger	3.8%	2.85 / 5.70
Youngs London Stout	4.3%	3.25 / 6.45
San Miguel Lager	5.4%	3.10 / 6.15
Somersby Cider	4.5%	2.85 / 5.70
Shipyard Pale Ale	4.5%	3.10 / 6.15

BOTTLED BEER & CIDER	
Peroni 330ml	5.25
Brewdog Punk IPA 330ml	5.25
Kopparberg Mixed Fruit 500ml	6.00
Adnams Ghost Ship 500ml (0.05% Alcohol Free)	5.40

SPIRITS	ABV%	SNGL DBL
Gordon's Gin	37.5%	4.00 / 6.00
Gordon's Pink Gin	37.5%	4.00 / 6.00
Whitley Neill Rhubarb & Ginger	43.0%	5.00 / 7.00
Smirnoff Red Label Vodka	37.5%	4.00 / 6.00
Bells Scotch Whisky	40.0%	4.15 / 6.15
Glenmorangie The Original	40.0%	5.25 / 7.25
Jack Daniels	40.0%	5.00 / 7.00
Bacardi Carta Blanca	40.0%	4.50 / 6.50
Baileys Irish Cream Liqueur	17.0%	4.00 / 6.00
Malibu	21.0%	4.00 / 6.00
Courvoisier Brandy	40.0%	5.00 / 7.00
Captain Morgan Spiced Rum	35.0%	4.15 / 6.15

CLASSIC COCKTAILS

SMIRNOFF ESPRESSO MARTINI	7.75
SMIRNOFF PASSIONFRUIT MARTINI	7.75
APEROL SPRITZ APEROL, <i>prosecco & soda</i>	8.50
PIMM'S NO.1	8.00

BLOODY MARY <i>Smirnoff vodka, tomato juice, Worcestershire sauce, tabasco & lemon</i>	8.00
APPLE COOLER <i>White rum, lemonade & apple juice</i>	7.50
MIMOSA <i>Orange Juice & Prosecco</i>	7.50
MADRAS <i>Smirnoff vodka, cranberry & orange juice cranberry & orange juice</i>	8.50

GIN COCKTAILS	
Apple, Elderflower & Bullards Gin	8.75
Sparkling Gin & Prosecco w/cucumber & lime	9.50
Rhubarb /Ginger gin & Ginger Beer	9.00

CLASSIC MOCKTAILS	
Apple, Elderflower & ginger sparkle	5.25
Cranberry & orange fizz	5.25

MIXERS 200ML	1.70
Slimline Tonic Water	
Coke	
Diet Coke	
Coke Zero	
Lemonade	

KIDS MENU

BREAKFAST – sausage, bacon, beans, potato puffs.	5.00
EGG ON TOAST	3.25
BEANS ON TOAST	2.95
PANCAKES & NUTELLA	5.65

KIDS LUNCH

4OZ BURGER, CHIPS & TOMATO SAUCE	7.50
CHICKEN GOUJONS, CHIPS & TOMATO SAUCEM	7.50
CHEESE & HAM TOASTIE FINGERS & TORTILLA CHIPS	3.75

MENU SUBJECT TO AVAILABILITY

GLUTEN FREE BREAD AVAILABLE.
NUTS PRESENT IN PRODUCTION AREAS
(DIETARY NOTES: - VEGAN (V) / VEGETARIAN (V) GLUTEN FREE (GF)
WE BUY LOCAL WHERE WE CAN, AND ALL OUR EGGS
ARE FREE-RANGE.

FAB FULL BREAKFAST 11.25

2 bacon, 2 sausages, 2 eggs, beans, tomato, mushroom, hash brown & toast.

BREAKFAST BAGUETTE – sausage, bacon, mushroom, onion, tomato & cheese. **7.45**

CHAMPAGNE BREAKFAST – fab breakfast + glass of Castlenau champagne + juice or hot drink **19.95**

VEGGIE FULL ENGLISH (V6&V) 9.45

2 vegan sausages, beans, tomato, mushroom, 2 hash brown & toast.

PANCAKES WITH BACON & MAPLE SYRUP 8.50

2 pancakes topped with Suffolk back bacon & drizzled with maple syrup.

PANCAKES WITH BERRY COMPOTE (V6&V) 8.50

2 pancakes topped with mixed berry compote.

SCRAMBLED EGG ON TOAST 7.25

SCRAMBLED EGG & SMOKED SALMON ON TOAST 8.25

CHEESE, TOMATO & MUSHROOM PANINI 7.00

FRENCH TOAST WITH BERRIES & CRÈME FRAICHE 8.50

PASTRIES

CROISSANT, JAM & BUTTER 3.15

ALMOND CROISSANT, PAIN AU RAISIN, CINNAMON SWIRL, CHOCOLATE CROISSANT 3.15

SALADS

CAESAR SALAD 9.75

CAESAR WITH CHICKEN & BACON 10.95

PRAWN COCKTAIL 10.95

FAB TAPAS

HIGH FLYER WINGS -Succulent chicken wings tossed in Louisiana BBQ sauce. **8.95**

CHICKEN TENDERS -chicken tenders drizzled with chilli sauce, topped with green onion & fresh chilli with BBQ sauce dip. **8.95**

CRISPY POTATO PUFFS (V&GF) -Mini hash brown potato puffs with sriracha mayo. **3.25**

HONEY & MUSTARD PIGS IN BLANKETS (GF)
Honey & mustard glazed pork sausage wrapped in sweetcure streaky bacon with mustard mayo. **7.95**

ATC ONION TOWER (V) -Crispy onion ring tower with BBQ sauce. **4.45**

FAB BURGERS –BRIOCHE BUN, CHIPS & COLESLAW

6OZ BEEF BURGER WITH BACON & CHEESE 14.50

BRUNCH BURGER - beef burger, bacon, egg & hash brown **15.00**

BBQ BURGER-beef or chicken burger, bacon, BBQ sauce & onion rings **15.00**

BBQ PULLED PORK BURGER – beef burger topped with BBQ pulled pork **15.00**

CHICKEN BURGER WITH CHEESE **13.00**

VEGGIE LENTIL BURGER **10.50**

FILLED BRIOCHE BAP – SERVED WITH CHIPS & ONION RINGS

BBQ PULLED PORK & COLESLAW **13.95**

FISH FINGER SANDWICH, LETTUCE & TARTAR SAUCE **3.95**

WHOLE (12”) PIZZAS

PEPPERONI **16.00**

HAM, MUSHROOM & ONION **16.00**

MARGARITA **14.00**

CHICKEN, BACON & ONION **16.50**

SOURDOUGH TOASTIES (CHIPS & COLESLAW)

HAM & CHEESE **9.95**

CHEESE & ONION CHUTNEY (can be vegan) **9.95**

ALLERGENS AWARE;

WE HAVE CHOICES FOR THOSE WHO HAVE FOOD ALLERGIES.PLEASE REFER TO OUR SPECIAL ALLERGENS MENU.
PLEASE ASK FOR SPECIFIC REQUIREMENTS.

flourandbean.com

