

## Children's Menu from

### Build Your Own Lunch

Choose one item from each section below

5.50

1

#### Main

Fish Finger, Sausage, Chicken Goujons, Bean Chilli or Vegan Sausage

2

#### Sides

Mashed Potato, Half Jacket Potato, Chips or Garlic Bread

3

#### Veggies

Garden Peas, Baked Beans, Tomato & Cucumber or Sweetcorn

#### Children's Lunch Box

Lunch box consisting of four items –  
small sandwich (cheese, ham, tuna, egg or jam)  
crisps, carton drink and choice of fruit, yoghurt or raisins

5.50

#### Children's Pudding

One scoop of chocolate, strawberry or vanilla ice-cream  
With chocolate sauce and a wafer

1.95

# The Watering Can

Cafe Bistro

## Long Melford

### Opening Times

Monday – Saturday 9:00am – 5:00pm

Sunday 10:00am – 4:00pm

### Service Times

#### Breakfast

Monday – Saturday 9:00am – 11:30am

Sunday 10:00am – 11:30am

#### Lunch

Monday – Saturday 11.30am – 3.00pm

Sunday 11.30am – 2.30pm

**Freshly made, great value**

All our food is cooked to order

Do you have an allergy concern? Just ask us when ordering

## Drinks

	Regular	Large
Pot of Tea for One <i>12kcal</i>	2.15	
Fruit/Herbal Tea <i>12kcal</i>	2.45	
Espresso <i>0kcal</i>	1.85	2.20
Filter Coffee <i>14kcal</i>	2.15	2.45
Americano <i>14kcal</i>	2.60	2.95
Cappuccino <i>92/125kca</i>	2.90	3.20
Latte <i>84/117kcal</i>	2.90	3.20
Flat White <i>90kcal</i>	3.10	
Mocha <i>234/305kcal</i>	3.20	3.50
Hot Chocolate <i>234/305kcal</i>	2.90	3.20
Deluxe Hot Chocolate <i>266/336kca</i>	3.40	3.80
Flavoured Syrups <i>40kcal</i>	1.00	
Fizzy Bottles *	3.00	
Franklins/Frobishers *	3.00	
Radnor Juices *	1.80	
Juice Cartons *	1.30	
Mineral Water *	2.05	
Fresh Milkshake <i>107kcal</i>	3.15	
Deluxe Fresh Milkshake <i>177kcal</i>	3.95	
Mini Wine Bottles *	5.50	
Bottled Beer/Cider *	5.50	
Prosecco*	7.50	

\*See individual bottles for kcal information

Adults require about 2000kcal per day

## Cakes & Snacks from 11:30am

Sausage Roll <i>498kcal</i>	3.15
Scone with Butter <i>Fruit 402kcal Cheese 387kcal</i> Homemade fruit or cheese scone served with butter or spread	3.00
Toasted Teacake <i>354kcal</i>	2.50
Tray Cake * Selection of scrumptious tray bakes available on the counter	2.95
Sponge Cakes <i>from *</i> See our daily selection of delicious cakes available on the counter	3.45
Luxury Cakes <i>from *</i> Find our range of premium cakes available on the counter	4.05

## Puddings from 11:30am

Pudding of the Day * Please see our Specials Board	4.65
Bread & Butter Pudding <i>477kcal</i> Homemade bread and butter pudding with custard	4.65
Ice-Cream with Chocolate Sauce <i>313kcal</i> Two scoops of vanilla ice-cream with rich chocolate sauce	4.65

Vegan option available

\*Daily special

Adults require about 2000kcal per day

## Sandwiches from 11:30am

Your choice of white or malted bloomer, served with salad garnish and coleslaw

Mature Cheddar <i>721kcal</i>	5.75
Roast Gammon Ham <i>649kcal</i>	5.95
Tuna Mayonnaise <i>751kcal</i>	6.25
Free-Range Egg Mayonnaise <i>762kcal</i>	5.75
Atlantic Prawns in Seafood Sauce <i>590kcal</i>	6.75
Roast Gammon Ham, Cheddar & Onion Chutney <i>886kcal</i>	6.75
Hummus, Tomato & Red Onion <i>525kcal</i>	6.50
Steak & Onion Ciabatta <i>889kcal</i>	8.95
Strips of steak with red onion served on toasted ciabatta, topped with rocket and horseradish mayo	
Bacon, Lettuce & Tomato <i>803kcal</i>	8.50
The classic combination of bacon, lettuce and tomato served on lightly toasted bloomer	
Fish Finger Ciabatta <i>893kcal</i>	8.75
Crispy coated goujons of fish on lightly toasted ciabatta with tartare sauce and rocket	
Red Pepper & Chickpea Ciabatta <i>821kcal</i>	8.50
Sauteed strips of red pepper, red onion and chickpeas Served on lightly toasted ciabatta	
Sausage, Stilton & Chutney Ciabatta <i>1043kcal</i>	8.75
Grilled ciabatta filled sausage, stilton and red onion chutney	

## Sides from 11:30am

Chips <i>218kcal</i>	2.95
Cheesy Chips <i>384kcal</i>	3.50
Homemade Coleslaw <i>183kcal</i>	1.30
Fresh Mixed Salad <i>43kcal</i>	2.75
Mixed leaves, cherry tomatoes, cucumber, red onion and mixed peppers	
Garlic Bread <i>233kcal</i>	2.50
Cheesy Garlic Bread <i>482kcal</i>	3.00

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## Breakfast served until 11:30am

Traditional Breakfast <i>663kcal</i>	5.95
Sausage, bacon, egg, baked beans, hashbrown and toast	
The Watering Can Breakfast <i>988kcal</i>	8.75
Two sausages, two bacon rashers, egg, baked beans, hashbrown, tomato, mushrooms and toast	
Vegan Breakfast <i>419kcal</i>	5.95
Vegan sausage, baked beans, hashbrown, tomato, mushrooms and toast	
The Watering Can Vegetarian Breakfast <i>582kcal</i>	8.75
Two vegan sausages, two eggs, baked beans, hashbrown, tomato, mushrooms and toast	
Eggs Benedict <i>786kcal</i>	8.50
Toasted muffin topped with ham, two poached eggs and coated in a rich Hollandaise sauce	
Eggs Royale <i>667kcal</i>	9.50
Toasted muffin topped with smoked salmon, two poached eggs and coated in a rich Hollandaise sauce	
Eggs Florentine <i>620kcal</i>	8.50
Toasted muffin topped with wilted spinach, two poached eggs and coated in a rich Hollandaise sauce	
Topped Toast	4.95
Two slices of toasted bloomer topped with either Baked beans <i>514kcal</i> two eggs <i>622kcal</i> mushrooms <i>524kcal</i>	
Breakfast Sandwich	5.00
White or malted bloomer or bagel filled with either sausage <i>685kcal</i> OR bacon <i>679kcal</i> OR egg <i>622kcal</i>	
Fully Loaded Sandwiches	6.00
White or malted bloomer or bagel filled to the brim with either sausage, two bacon rashers and egg <i>924kcal</i> OR two vegan sausages, hashbrown and mushrooms <i>658kcal</i>	
Porridge Pot <i>274kcal</i>	3.95
Freshly made porridge served with either jam or honey	
Toast & Jam <i>262/449kcal</i>	2.10/2.95
One or two slices of white or malted bloomer with butter and jam	

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## Lunches from 11:30am

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<b>Soup of the Day *</b> Served with white or wholemeal bloomer	5.95
<b>Pie of the Day *</b> Served with seasonal vegetables. See Specials Board for today's pie	10.95
<b>Sausage &amp; Mash</b> <i>681kcal</i> Pork sausages served with creamy mashed potato, vegetables and gravy	9.95
<b>Vegetable Curry</b> <i>346kcal</i> Mild vegetable curry served with rice	9.95
<b>Scampi &amp; Chips</b> <i>537kcal</i> Crispy breaded scampi tail with chips and garden peas	9.95
<b>Cool Bean Chilli</b> <i>367kcal</i> Mildly spiced bean chilli served with rice	9.95
<b>Quiche Salad *</b> Homemade quiche served with fresh salad and coleslaw	8.50

*\*Daily specials*

## Jacket Potatoes from 11:30am

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Served with salad garnish	
<b>Plain Jacket Potato</b> <i>163kcal</i>	6.25
<b>Mature Cheddar</b> <i>473kcal</i>	7.55
<b>Homemade Coleslaw</b> <i>421kcal</i>	7.60
<b>Tuna Mayonnaise</b> <i>283kcal</i>	8.00
<b>Baked Beans</b> <i>186kcal</i>	7.70
<b>Atlantic Prawns in Seafood Sauce</b> <i>262kcal</i>	8.75
<b>Cool Bean Chilli</b> <i>276kcal</i>	8.60

Check our Specials Board  
For today's specials

Adults require about 2000kcal per day

## Senior Menu served between 11:30am and

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Smaller portions for smaller appetites – 8.25 per person

### Soup and Sandwich

Soup of the Day served with one of the following sandwiches:

Mature Cheddar  
Roasted Gammon Ham  
Tuna Mayonnaise  
Free Range Egg Mayonnaise

### Sausage & Mash

Two Pork sausages served with creamy mashed potato, vegetables and gravy

### Vegetable Curry

Mild vegetable curry served with rice

### Scampi & Chips

Crispy breaded scampi tail with chips and garden peas

### Cool Bean Chilli

Mildly spiced bean chilli served with rice

### Quiche Salad

Homemade quiche served with fresh salad and coleslaw

### Cornish Pasty

Beef and onion pasty with chips and baked beans

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