

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

Pulham Market

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 – Sunday 11.30am – 3.00pm

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

Adults require about 2000kcal per day

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	

Adults require about 2000kcal per day

Lunches from 11:30am

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

**Daily specials*

Jacket Potatoes from 11:30am

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

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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