

## Starters

Some dishes are available in starter or main course sizes – see prices below

**Soup of the Day**  
served with mini tin loaf **4.95**

**Salt and pepper squid**  
served with a lemon aioli **5.95**

**Homemade Nachos**  
with cheddar, salsa, guacamole, sour cream and jalapeños **5.95** or **8.25** for sharing portion  
*(odd chunky beef chilli or pulled pork for 2.00)*

**Panko breaded Brie wedges**  
served with cranberry sauce **4.95**

**Crispy duck noodle stir-fry**  
with peppers, baby sweetcorn, courgettes, mango/our and Hoisin sauce **5.95 / 11.50**

**Marinated haloumi**  
served with a pearl cous cous and mixed leaf salad **£5.25/£8.50**

## Mains

We take great pride in our local, seasonal and home-cooked food and we'd love to hear your feedback.

**Ham, egg and chips** honey and mustard roast ham, free-range fried eggs and hand-cut chips **9.75**

**Scampi and chips** wholemeal scampi and hand-cut chips served with homemade tartare sauce and peas **9.75**

**8-hour slow-cooked pulled pork**  
in a brioche bun, topped with cheddar and red cabbage slaw and hickory BBQ sauce. Served with hand-cut chips and chilli jam **9.95**

**Chicken Caesar salad** Cos lettuce, crispy bacon, anchovies, cherry tomatoes, croutons, pan-fried chicken and Caesar dressing **9.75**

**Trafford burger** 8oz steak burger in a brioche bun with tomato relish and mayonaisse, Iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **9.50**  
*(odd bacon OR cheddar OR Siltion OR red onion marinade 1.00 each)*

Why not add Onion rings **2.95**

**Chicken, ham and mushroom puff pastry pie** with mash, cabbage and green beans **10.75**

**Chicken and chorizo burger** pan-fried chicken breast and chorizo in a brioche bun with Cajun mayo, Iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **9.50**

**Chickpea, sun-dried tomato, feta, chilli and coriander burger** in a brioche bun with tomato relish and mayonaisse, Iceberg lettuce, red onion, tomato and gherkin served with hand-cut chips and chilli jam **9.50**

**Roast butternut and thyme risotto**  
with grilled goats cheese and a mixed leaf salad **9.95**

**Thai green chicken curry** with peppers, mangetout, courgette and baby sweetcorn in a spicy coconut sauce served with rice and prawn crackers **10.75**

**Swanington Farm-to-Fork black pepper sausages and mash** with honey-roast carrots and parsnips, broccoli and onion gravy **9.95**

**Fish and chips** local cod in Adams' ale batter with hand-cut chips, minted mushy peas and homemade tartare sauce **10.25**

**8oz flat-iron steak** (served medium rare), with fries, garlic field mushroom, slow-roast tomato and salad **13.95**

**Chunky beef chilli** with fresh chilli, spices and kidney beans served with rice, guacamole and sour cream **9.95**

**Chickpea curry**  
medium-spiced chickpea, spinach, tomato and coconut milk curry served with rice and mango chutney **9.25**

**Lasagne**  
beef and tomato ragu, pasta and creamy béchamel and cheddar sauce served with garlic bread and salad **9.95**

## Side Orders

**Hand-cut chips** **3.25**

**Hard-cut cheesy chips** **3.75**

**Garlic bread** **2.95**

**Cheesy garlic bread** **3.45**

**Mixed leaf side salad** with olive oil and Balsamic dressing **2.95**

**Onion rings** **2.95**

## Desserts

**Ask for today's chef's specials too**

**Homemade crumble**  
with warm custard **4.75**

**Soft-centred Belgian chocolate brownie** with Morello cherry ice cream and chocolate sauce **4.75**

**Sticky toffee pudding**  
with butterscotch sauce and vanilla ice cream **4.75**

**Orange polenta cake** with pistachio ice-cream **4.75**

**Ice creams**  
Cornish vanilla bean, chocolate, strawberry, Morello cherry, toffee fudge or banana fudge **4.75**

**Cheese and crackers** Brie, goat's cheese, Cheddar and Siltion with crackers, celery and chutney **6.25**

## Sandwiches

(Served 12-2.30)

Add a handful of hand-cut chips for **1.50**  
**Baked ham and Brie** with wholegrain mustard and rocket in malted bloomer bread **4.50**

**Chicken, tomato, lettuce and basil pesto** in cabatta **4.50**

**Open spicy tuna and jalapeno melt** on toasted cabatta **5.50**

**Goat's cheese and caramelised red onion** in cabatta **4.50**

**Black pepper sausage** wholegrain mustard and rocket sandwich in malted bloomer bread **4.75**

**BLT** Blythburgh back bacon, lettuce, tomato and mayonaisse in malted bloomer bread **4.75**

**Food service times:**

**Monday – Thursday**

**Friday**

**Saturday**

**Sunday**

Midday – 2.30pm  
Midday – 2.30pm  
Midday – 2.30pm  
Midday – 6.00pm

6pm - 8.30pm  
6pm - 9.00pm  
6pm - 9.00pm

**Overleaf:** Weekend Breakfasts, Sunday Roasts and Hot Drinks

## Weekend Breakfasts

### Saturdays & Sundays 10am – midday

Sausages and bacon from Bythburgh, free-range eggs from Great Ellingham and baked beans from Heinz!

#### Trafford breakfast

Bythburgh sausage, back bacon, fried free-range eggs, sautéed mushrooms, slow-roasted tomato, baked beans and fried bread **6.75**

#### Vegetarian breakfast

Slow roast tomato, vegetarian sausages, sautéed mushrooms, fried free-range egg, fried bread, baked beans and hash brown **6.75**

#### Fried halloumi and scrambled eggs **5.75**

#### Scrambled free-range egg & sautéed mushrooms **5.75**

on toasted malted 'bloomer' bread

#### Bythburgh back bacon & sautéed mushroom sandwich on malted 'bloomer' **4.25**

#### Add any item below to any breakfast for **1.00**

Bythburgh back bacon, sausage, sautéed mushrooms, slow-roast tomato, toast, baked beans, fried bread, hash brown

## Sunday Roasts

### Sundays only Midday – 6pm

Locally sourced meats with Yorkshire pudding, seasonal vegetables, crisp roast potatoes and homemade gravy

#### Swainington Farm-to-Fork pork loin with crisp golden crackling **9.95**

#### Locally farmed Hewingham beef served medium rare **9.95**

#### Norfolk chicken supreme with succulent sage, onion and apple stuffing **9.95**

#### Nut roast with toasted brazil nuts, hazelnuts and walnuts and chestnut puree with a lightly spiced gravy **9.95**

## Hot Drinks

Americano **1.75**

Cappuccino **1.75**

Espresso **1.75**

Double espresso **1.75**

Hot Chocolate **2.50**

Mochaicino **1.75**

Decaf coffee **1.75**

Tea **1.75**

The  
Trafford  
Arms

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# FOOD MENU

