

POPLAR

MENU

EST. 1938

MENU

AT POPLAR

Breakfast

Served until 11:30 am

SMALL ENGLISH £12

Lane Farm Suffolk dry cured bacon, sausage, free-range fried egg, baked beans, hash brown, toast
(milk, egg, gluten, soya, sulphur dioxide)

LARGE ENGLISH £16

Two Lane Farm Suffolk dry cured bacon, two sausages, two free-range fried eggs, baked beans, hash browns, tomato, flat mushroom, toast
(milk, egg, gluten, soya, sulphur dioxide)

VEGETARIAN BREAKFAST £13

Vegetarian sausages, free-range fried egg, baked beans, hash brown, tomato, flat mushroom, toast
(milk, egg, gluten, soya)

VEGAN BREAKFAST £13

Vegan sausages, avocado, baked beans, hash brown, tomato, flat mushroom, toast
(gluten, soya)

CHILDREN'S BREAKFAST £10

Sausage, free-range fried egg, hash brown, toast, baked beans
(milk, egg, gluten, soya)

FRENCH TOAST £12

Greek yoghurt, mixed berry compote, maple syrup
(milk, egg, gluten, soya)

AVOCADO ON TOAST £12

Tomatoes, free-range poached egg, chilli, lemon
(egg, gluten, soya)

EGGS ROYALE £12

Toasted English muffin, Maldon smoked salmon, free-range poached eggs, Béarnaise sauce
(milk, egg, fish, gluten, soya)

EGGS BENEDICT £12

Toasted English muffin, free-range poached eggs, Poplar sliced ham, Béarnaise sauce
(milk, egg, gluten, soya)

EGGS ON TOAST £9

(milk, egg, gluten, soya, sulphur dioxide)

SAUSAGE, BACON OR EGG SANDWICH £9

A choice of 2 for £10

A choice of 3 for £11

(egg, gluten, soya, sulphur dioxide)

Gluten free sausages & bread available

Sandwiches

Served from 11:30 am to 3 pm

FREE-RANGE EGG £9.50

MAYONNAISE & ROCKET

(egg, gluten, soya, sulphur dioxide, mustard)

TUNA MAYONNAISE £10.50

(egg, fish, gluten, soya, sulphur dioxide, mustard)

HAM SALAD £10.50

(gluten, soya, sulphur dioxide, mustard)

MALDON SMOKED SALMON, £11.50

CREAM CHEESE & CHIVES

(milk, egg, fish, gluten, soya, sulphur dioxide, mustard)

CORONATION CHICKEN £10.50

(egg, gluten, soya, sulphur dioxide, mustard)

CHEESE & CARAMELISED £9.50

ONION CHUTNEY

(milk, gluten, soya, sulphur dioxide, mustard)

AVOCADO, ROASTED RED £10.50

PEPPER & ROCKET

(gluten, soya, sulphur dioxide, mustard)

Made with fresh, local, white or granary bread.

Served with crisps & dressed salad leaves.

Gluten Free bread available.

Hot Sandwiches

Served from 11:30 am to 3 pm

WELSH RAREBIT £10.50

Sourdough toast, cheese, mustard & dressed mixed salad

Add ham for an extra £2.25

(milk, gluten, soya, sulphur dioxide, mustard)

FISH FINGER £15.50

Beer-battered fish fingers, little gem lettuce, tartare sauce & fries

(egg, fish, gluten, soya, sulphur dioxide, mustard)

KATSU CHICKEN £15.50

Pickled carrot, little gem lettuce, curry mayonnaise, mango chutney & fries

(egg, gluten, soya, sulphur dioxide)

Mains

Served from 11:30 am to 3 pm

BEER-BATTERED HADDOCK **£17.50**

Mushy peas, tartare sauce, thick cut chips, lemon
(egg, fish, gluten, sulphur dioxide)

POPLAR'S HAM, EGG & CHIPS **£15.50**

(egg)

CALVES LIVER **£18.50**

Smoked streaky bacon, mashed potato,
tenderstem broccoli, peas & gravy
(milk, sulphur dioxide)

WILD MUSHROOMS **£14.50**

ON TOAST

White wine cream sauce, tarragon, toasted
hazelnut crumb & truffle oil
(milk, gluten, nuts, soya, sulphur dioxide)

CHICKEN & CHORIZO **£17.50**

MAC & CHEESE

parmesan cheese sauce
(milk, egg, gluten, mustard)

CATCH OF THE DAY

PLEASE SEE OUR SPECIALS BOARD

ROASTS ARE AVAILABLE ON SUNDAY'S WITH A CHOICE OF ROAST BEEF OR ROAST CHICKEN

Roast potatoes, seasonal vegetables,
Yorkshire pudding, gravy

Children's

Served from 11:30 am to 3 pm

FISH & CHIPS **£9**

With a choice of baked beans or peas
(fish, gluten)

SAUSAGE & CHIPS **£8**

With a choice of baked beans or peas
(gluten, sulphur dioxide)

CHICKEN BITES & CHIPS **£8**

With a choice of baked beans or peas
(gluten)

CREAMY MAC & CHEESE **£8**

In a creamy cheese sauce
(milk, egg, gluten, mustard)

CHILDREN'S ACTIVITY BAG **£8**

Mature cheddar cheese, strawberry jam or ham sandwich on
white or granary bread, an apple, dried sultanas and raisins,
Pom-Bears and orange or blackcurrant squash
(gluten, milk, soya)

Salads

Served from 11:30 am to 3 pm

WARM MOROCCAN **£16.50**

STYLE SALAD

Roasted sweet potatoes, chickpeas, pomegranate,
feta cheese, smoked almonds & mint
(milk, nuts, sulphur dioxide, mustard)

CRAYFISH CAESAR SALAD **£16.75**

Croutons, parmesan cheese, Caesar dressing &
little gem lettuce
(milk, egg, fish, gluten, soya, sulphur dioxide, crustacean, mustard)

DRESSED CRAB SALAD **£18.50**

Potato salad, tomatoes, cucumber, pickled red onions &
little gem lettuce, mustard dressing & curry mayonnaise
(egg, sulphur dioxide, mustard, crustacean)

Jackets

Served from 11:30 am to 3 pm

CHEESE & BAKED BEANS **£10.50**

(milk, sulphur dioxide, mustard)

VEGAN CHEESE & **£10.50**

CARAMELISED ONION CHUTNEY

(sulphur dioxide, mustard)

TUNA MAYO **£10.50**

(egg, fish, mustard, sulphur dioxide)

CORONATION CHICKEN **£11.50**

(egg, sulphur dioxide, mustard)

BEEF CHILLI CON CARNE, **£11.50**

CREAM CHEESE & CHIVES

(milk, sulphur dioxide, mustard)

Sides

Served from 11:30 am to 3 pm

THICK CUT CHIPS **£4**

SKIN ON FRIES **£4**

DRESSED MIXED SALAD **£3**

(sulphur dioxide, mustard)

HALLOUMI & CHILLI SAUCE **£4**

(milk, sulphur dioxide)

PARMESAN FRIES WITH **£6.50**

TRUFFLE OIL

(milk)