

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, wheat, 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, wheat, soya, sulphur dioxide)

VEGETARIAN BREAKFAST £13

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

VEGAN BREAKFAST £13

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

CHILDREN'S BREAKFAST £10

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

FRENCH TOAST £12

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

AVOCADO ON TOAST £12

Tomatoes, free-range poached egg, chilli, lemon (egg, wheat, soya, sulphur dioxide)

EGGS ROYALE £12

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

EGGS BENEDICT £12

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

EGGS ON TOAST £9

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

SAUSAGE, BACON OR EGG SANDWICH £9

Choose 2 fillings for £10

Have all 3 fillings for £11

(egg, wheat, soya, sulphur dioxide)

Gluten free sausages & bread available

Sandwiches

Served from 11:30 am to 3 pm

FREE-RANGE EGG £10

MAYONNAISE & ROCKET

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

TUNA MAYONNAISE £11

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

MALDON SMOKED SALMON, £11.50

CREAM CHEESE & CHIVES

(wheat, milk, soya, fish, sulphur dioxide, mustard)

POPLAR SMOKED HAM & CHEESE £11.50

(wheat, milk, soya, mustard)

CORONATION CHICKPEA, £10.25

CUCUMBER & RED ONION

(wheat, soya, mustard)

ROAST CHICKEN £11.50

MAYONNAISE, SAGE & ONION STUFFING

(wheat, soya, egg, 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

BEEF & HORSERADISH £15.50

Roast beef, horseradish, crispy onions, watercress, skin on fries (wheat, milk, sulphur dioxide, mustard)

KING PRAWN £16

King prawns in breadcrumbs, celeriac remoulade, lettuce, citrus mayonnaise, skin on fries (wheat, soya, crustacean, egg, sulphur dioxide, mustard)

HALLOUMI £15.50

Halloumi, avocado, roasted red pepper, skin on fries (wheat, milk, soya, sulphur dioxide)

Mains

Served from 11 : 30 am to 3 pm

BEER-BATTERED HADDOCK £18.50

Mushy peas, tartare sauce, thick cut chips, lemon
(wheat, barley, milk, egg, fish, sulphur dioxide, mustard)

POPLAR'S HAM, EGG & CHIPS £15.75

(egg)

CALVES LIVER £18.50

Smoked streaky bacon, mashed potato, carrots, parsnips, peas, crispy onions, gravy
(wheat, milk, sulphur dioxide)

PAN FRIED COD FILLET £18.50

Crushed new potatoes, wilted spinach, fried egg, baby caper, parsley butter
(milk, egg, fish, sulphur dioxide)

WILD MUSHROOMS £16.75

PAPPARDELLE

Tenderstem broccoli, mascarpone cheese, tarragon, garlic ciabatta
(wheat, milk, egg)

SAUSAGE & MASH £16.75

Procters sausages, creamy mashed potato, peas, onion gravy
(milk, sulphur dioxide)

SCAMPI £17.50

Deep fried scampi, dressed mixed salad, thick cut chips, tartare sauce, lemon
(wheat, crustacean, egg, sulphur dioxide, mustard)

ONION PUFF PASTRY TART £16.75

Baked sweet potato, wilted spinach, carrots, romesco sauce
(wheat, sulphur dioxide, nuts)

See specials board for roasts - Sundays only

Salads

Served from 11 : 30 am to 3 pm

GRILLED SMOKED MACKERAL £16.75

Little gem, pickled onions, cucumber, beetroot, new potato salad, horseradish cream
(milk, egg, fish, sulphur dioxide, mustard)

ROASTED CAULIFLOWER £16.75

Dates, raisins, flaked toasted almonds, tahini, yoghurt dressing
(milk, sulphur dioxide, mustard, nuts, sesame)

CHICKEN SATAY £17

Little gem, cucumber, pomegranate, pickled red onion, croutons, satay sauce
(wheat, soya, sulphur dioxide, mustard, peanuts)

Children's

Served from 11 : 30 am to 3 pm

FISH GOUJONS & SKIN ON FRIES £9

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

SAUSAGE & SKIN ON FRIES £8.50

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

CHICKEN BITES & SKIN ON FRIES £8.50

With a choice of baked beans or peas
(wheat)

MAC & CHEESE £8.50

In a creamy cheese sauce
(wheat, milk, egg, 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
(wheat, milk, soya, sulphur dioxide)

Jackets

Served from 11 : 30 am to 3 pm

CHEESE & BAKED BEANS £11

(milk, sulphur dioxide, mustard)

VEGAN CHEESE & CARMELISED ONION CHUTNEY £10.75

(soya, sulphur dioxide, mustard)

TUNA MAYONNAISE £11

(egg, fish, sulphur dioxide, mustard)

CHICKEN TIKKA CURRY & MANGO CHUTNEY £11.75

(mustard, sulphur dioxide)

CRISPY BACON, CREAM CHEESE & CHIVES £11.50

(milk, sulphur dioxide, mustard)

Sides

Served from 11 : 30 am to 3 pm

THICK CUT CHIPS £4

SKIN ON FRIES £4

Please note, dishes are made fresh to order. Amendments for dietary requirements can be made upon ordering.

Hot Drinks

FILTER COFFEE	£3.50
CAPPUCCINO*#	£4
CAFE LATTE*#	£4
AMERICANO*	£4
MOCHA*#	£4
ESPRESSO*	£3
DOUBLE ESPRESSO*	£3.50
FLAT WHITE*#	£4
TEA FOR ONE	£3.50
POT OF HERBAL TEA	£4
HOT CHOCOLATE	£4
LUXURY HOT CHOCOLATE	£5
Cream, marshmallows & a flake	
CHILDREN'S HOT CHOCOLATE	£3
CHILDREN'S LUXURY HOT CHOCOLATE	£4
Cream, marshmallows & a flake	
BABYCCINO	£2
CHAI LATTE	£4.50

Iced Drinks

CAFE FRAPPE	£5.50
Add Vanilla, Caramel, Salted Caramel, Hazelnut, Salted Pistachio or Honeycomb syrup for 80p	
FRUIT CRUSH	£4.50
Choose from Mango, Strawberry, Raspberry, Elderflower, Passion Fruit, Watermelon, Lemon or Apple	
MILKSHAKE TOPPED WITH CREAM	£5
Choose from Chocolate, Vanilla, Banana, Strawberry, Raspberry, Banoffee, Honeycomb, Salted Caramel or Chocolate Honeycomb	

Soft Drinks

COCA COLA	£3.50
Coca Cola, Diet Coke or Coca Cola Zero	
7 UP ZERO SUGAR	£3.50
FANTA ORANGE	£3.50
ORANGE JUICE	£3
APPLE JUICE	£3
CRANBERRY JUICE	£3
STILL WATER	£2.50
SPARKLING WATER	£2.50
JUICE CARTON	£2.50
Apple or Orange	
FRUIT SHOOT	£2.50
Orange or Blackcurrant	
FENTIMANS GINGER BEER	£4
FROBISHER'S	
RASPBERRY & RHUBARB	£4
SICILLIAN LEMON SPARKLER	£4
ELDERFLOWER	£4
APPLE & ELDERFLOWER	£4

Beer & Cider

PERONI	£6
STELLA ARTOIS	£6
ASPALLS	£7
LOCAL ALE/LAGER	£7
A selection of ales & lagers, all brewed locally	
BECKS BLUE	£5
ALCOHOL FREE LAGER	

Wine

Sold in single serving bottles

PROSECCO - INCANTO	£11
20cl - Italy	
Dry sparkling wine with a crisp & refreshing finish. Notes of green apple & citrus.	
PINOT GRIGIO - DRY RIVER	£9
17.5cl - Australia	
Dry, crisp and fruity, with apple, pear and tropical notes.	
SAUVIGNON BLANC - TIERRA DEL REY	£9
17.5cl - Chile	
Dry and light bodied with herbaceous and citrus notes.	
ZINFANDEL - FEATHER FALLS	£9
17.5cl - USA	
Bright and sweet Californian Rosé with notes of summer fruits.	
MALBEC - FINCA VISTA	£9
17.5cl - Argentina	
A soft & fruity red with notes of plum, blackberry & black cherry. Subtle tannins.	

A note from our head chef

“Our new menu, is packed with warm, fresh and local ingredients, complimenting the cooler weather of the season.

From classics you know and love such as Sausage and Mash and Beer Battered Haddock, through to a wide range of seasonal mains, salads and hot sandwiches, this menu has a dish to suit everyone!

We hope you'll enjoy tasting this menu as much as we enjoyed creating it!”