



## THE MILL HOTEL

### THE MILL SMALL PLATES

3 FOR £15 OR 5 FOR £20

MARINATED OLIVES 149 kcal	🌱🌱	4.00
LEMON & PAPRIKA HUMMUS & PITTA BREAD 493 kcal	G,SE,N,P 🌱	5.00
CRISPY PORK WITH SOY & SESAME 246 kcal	MO,SE,N,P 🌱	6.50
WOOD ROAST PIQUILLO PEPPERS, FETA 197 kcal	M 🌱🌱	7.00
BREADS, BASIL OIL, BALSAMIC 526 kcal	G,M,S,SO 🌱🌱	6.50
BREADED BRIE WEDGES CHILLI JAM 272 kcal	G,F,M 🌱	7.00
SALT AND PEPPER SQUID, SRIRACHA MAYO 267 kcal	G,E,MO,MU,S	8.00

### SANDWICHES (SERVED 12PM- 5PM)

Served with vegetable crisps, upgrade to fries for 1.50 on your choice of white, brown or gluten free bread

ROAST PEPPER & HUMMUS, ROCKET 825 kcal	G,SE,S,N,P 🌱🌱	8.50
PRAWN & MARIE ROSE 685 kcal	G,E,F,CR,S 🌱	9.00
BACON, LETTUCE & TOMATO 1140 kcal	G,S,E	8.50
EGG & WATERCRESS 792 kcal	G,E,S 🌱🌱	7.00
HAM & CHEESE 924 kcal	G,M,MU,S 🌱	8.00
SMOKED SALMON & CREAM CHEESE 708 kcal	G,M,S,F 🌱	11.00

### SIDES

TRUFFLE AND PARMESAN FRIES 540 kcal	M	5.00
HAND CUT CHUNKY CHIPS 253 kcal		4.00
SWEET POTATO FRIES 297 kcal		5.00
ONION RINGS 168 kcal	SO,G	4.00
HOUSE SALAD 127 kcal	SO 🌱🌱🌱	4.00
SEASONAL VEGETABLES 196 kcal	M 🌱🌱🌱	4.00

Please speak with your server if you require vegan or gluten free

Our suppliers & kitchens handle numerous ingredients & allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be allergen free. The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

#### Allergen Key

C celery, G gluten, F fish, CR crustaceans, E eggs, MO molluscs, M milk, SE sesame seeds, N nuts, MU mustard, P peanut, SO sulphur dioxide, L lupin, S soya 🌱 Veggie on request 🌱 Vegan on request 🌱 Non gluten on request

## STARTERS

<b>THE MILL'S SOUP</b> 248 kcal   courgette, rosemary, roasted garlic and chunky bread <b>G,M,S</b>	7.00
<b>MOULES MARINIERE</b> 619 kcal  with chunky bread <b>G,M,SO,MO</b>	9.00
<b>SUFFOLK HERITAGE TOMATO SALAD</b> 310 kcal  confit shallot, crispy capers, croutons & burrata <b>M</b>	8.00
<b>MINTED PEA COUSCOUS</b> 716 kcal  feta, crispy onion, sun blushed tomato, mint dressing, pea shoots <b>G,N,P,SE</b>	7.50
<b>BREADED BRIE</b> 531 kcal chunky chilli chutney, dressed mixed leaf <b>G,M,F,SO</b>	9.00
<b>DUCK AND ORANGE LIVER PATE</b> 428 kcal  candied orange, red onion chutney, baby watercress, sourdough crostini <b>G,M,SO</b>	7.00

## THE MILLS CLASSICS

<b>NETHERGATE BEER BATTERED FISH OF THE DAY</b> 689 kcal hand cut chips, minted pea puree & tartare sauce <b>G,E,F,SO</b>	15.00
<b>THE MILL HOUSE BURGER</b> 1667 kcal double 4oz cheese and bacon burger with fries, gherkins, coleslaw and black garlic mayo <b>G,E,M,MU,S,SO</b> <i>upgrade to sweet potato fries for 2.50</i>	16.50
<b>KATSU CHICKEN BURGER</b> 1289 kcal katsu sauce, red pepper chutney, coleslaw, gem lettuce, served with fries <b>G,E,M,S</b>	16.00
<b>GOATS CHEESE AND PORTOBELLO MUSHROOM BURGER</b> 1270 kcal  onion relish, roasted garlic mayo, baby gem, red onion & tomato, toasted bun, skinny fries <b>G,E,M,SE,SO</b>	15.00
<b>MOULES MARINIERE</b> 1449 kcal classic moules mariniere served with skin on fries <b>M,MO,SO</b>	16.00
<b>CLASSIC CHICKEN AND BACON CAESAR SALAD</b> 519 kcal  grilled chicken, smoked bacon, baby gem lettuce, anchovies, parmesan, croutons in a rich Caesar dressing <b>G,E,M,F</b>	14.50

## THE MILLS MAINS

<b>CRISPY STICKY PORK</b> 626 kcal  in a soy, oyster & sesame sauce served with spring onion & Laila basmati rice <b>MO,SE,N,P</b>	16.00
<b>BEETROOT &amp; PEA RISOTTO</b> 949 kcal   crispy onions, candied beets, roasted baby beets <b>E,M,SO</b>	14.00
<b>MARKET FISH OF THE DAY</b> <i>ask your server for allergen and dietary information</i>  Market fish served with a Nicoise salad	18.00
<b>SUFFOLK CHICKEN BREAST</b> 1123 kcal crispy skin, chorizo, wilted spinach, gnocchi & saffron aioli <b>G,E,M</b>	18.00
<b>21-DAY MATURED 10OZ RIBEYE STEAK</b> 1034 kcal  roasted beef tomato and flat mushroom, rocket and parmesan salad, black garlic mayo, chunky chips <b>E,M,SO</b>   <i>add peppercorn 83 kcal M,SO, béarnaise 186 kcal M,E or blue cheese 91 kcal M for 2.00</i>	29.00
<b>21-DAY MATURED 8OZ FILLET STEAK</b> 726 kcal  roasted beef tomato and flat mushroom, rocket and parmesan salad, black garlic mayo, chunky chips <b>E,M,SO</b>   <i>add peppercorn 83 kcal M,SO, béarnaise 186 kcal M,E or blue cheese 91 kcal M for 2.00</i>	33.00