

## V.I.P's – Very Important Producers

**Swannington Farm to Fork** The Mutimer family have been husbanding animals on their farm since 1973. All their animals are killed at an abattoir only 3 miles away. Rob supplies us with all our meats. [www.swanningtonfarmtofork.com](http://www.swanningtonfarmtofork.com) (9.4 miles)

**The Cheese Truckle** Our cheeses - Binham Blue, Norfolk Dapple, Rosary Goats, English Camembert and Wells Alpine all come from them. **01603 860467 (5.2 miles)**

**Accent Fresh** Based in Downham Market, they supply us with all our salads, vegetables, dairy and fruit. We get as much as we can locally. [www.accentfresh.co.uk](http://www.accentfresh.co.uk) (39.4 miles)

**M&J Seafood** Established in 1978 by Marion and Jeff Archer, M&J Seafood grew organically to become the UK's largest independent seafood supplier by the 1990's. Our regional depot is in Elmswell, Suffolk. [www.mjseafoods.com](http://www.mjseafoods.com) (44.2 miles)

**The Herbarry** Karen at the herbarry provides us with our salad leaves. She sells them from her farm shop in Shouldham Thorpe, Kings Lynn. [www.theherbarry.co.uk](http://www.theherbarry.co.uk) (36.4 miles)

**Cleveleys** Based at Moat Farm, Halesworth, Suffolk. Cleveleys is a family run butcher, deli and smokehouse. They supply our free-range eggs, local venison and flour. **01986 782241 (35.4 miles)**

**Heygates** Their mill at Downham Market produces the flour we use for the bread we make every evenings [www.heygates.co.uk](http://www.heygates.co.uk) (39.7 miles)

**Anglia Culinary Supplies Ltd** Set up in 1969 by Richard Wells, formerly of Harrods food halls. Based in the city, ACS supply us our dry goods. [www.acsnorwich.com](http://www.acsnorwich.com) (6.2miles)

**Bray's Cottage Pork Pies** Based in a small farm in North Norfolk, they produce what Giles Coren called 'The Perfect Pork Pie'. [www.perfectpie.co.uk](http://www.perfectpie.co.uk) (36.1 miles)

**Dozen Artisan Bakery** Winner of baker of the year at the EDP Food Awards 2009, provide us with all our bread on the menu. **01603 764798 (5.5 miles)**

## Desserts – all at £5.50

- (v) Peanut butter slice, dark chocolate shake, vanilla ice cream \*
- (v) Cherry and honey bakewell tart, spiced cherry compote, coconut ice cream
- (v) Chocolate brownie, raspberry ripple ice cream
- (v) Warm vanilla rice pudding, slow baked peaches \*
- (v) Eton Mess \*

The Kings Head British 'Cheese Board' - double baked Binham Blue cheese soufflé;  
Norfolk rarebit and confit bacon on toast **£6.50**

\* Dish can be made gluten free *on request*. Please ask wait staff when ordering.

(v) Vegetarian

Should you have any special dietary requirements, please speak to a member of staff.

Please note that due to the widespread use of nuts in our kitchen, we are unable to guarantee any dish nut free.

## Bar snacks & nibbles

(v) Garlic bread, houmus, chickpea relish	£3.95
(v) Bowl of mixed house olives *	£3.50
(v) Norfolk Ploughman's - Norfolk Dapple cheese, pickled onions, home-made bread, chutney, celery, apple, crisps	£8.95
(v) Pint of hand cut chips, free range mayonnaise	£3.00

### EDP Food Awards 2010 'Best Norfolk Dish' Finalist

Norfolk Bar Plate - Scotch quails egg, free range pork scratchings, devils on horseback, crisps, deep fried whitebait, Jonny's homemade brown sauce and mayonnaise, Bray's Cottage pork pie

**For Two £10 For Four £20**

## Starters

Deep fried breast of lamb scrumpets, homemade tartare sauce	£5.95
(v) Baked Somerset camembert, toasted rye bread *	£6.95
(v) Smashed broad beans and peas on toast, mozzarella, pea shoots *	£6.50
(v) Soup from the kitchen, home-made bread *	£4.95
Treacle cured salmon, toasted rye bread, celeriac remoulade	£6.50

## Main Courses

Treacle, honey & mustard glazed gammon, spiced pineapple relish, fried duck egg, hand-cut chips *	£9.95
The Kings Head Norfolk Dapple cheese stuffed beef burger; iceberg, tomato, free-range mayonnaise, Bloody Mary ketchup, gherkin, hand-cut chips *	£10.95
Free-range English wild boar lasagne, dressed mixed leaves	£11.95
Beer battered hake, hand-cut chips, mushy peas, tartare sauce, gherkin	£10.50
Swannington rump steak, Binham Blue butter, Norfolk Dapple rarebit grilled mushroom, slow roasted plum tomato, hand-cut chips *	£16.50
(v) Organic Sharpham pearled spelt and wild mushroom risotto	£10.50
(v) Aubergine parmigiano – char grilled aubergine, tomato sauce, Well's Alpine and mozzarella cheeses, mixed leaf salad *	£9.50
Grilled trout fillet; home-made salad cream; potato, cornichon, tarragon & egg sauce; samphire & beer fritter	£9.95
Brixham crab, pea and goats cheese tart, dressed mixed leaves	£10
Deep fried breast of lamb scrumpets, broad bean & mint fritters, poded peas, crispy broad bean pods, salad leaves	£11.50

**We are 'Aylsham Show Local Food Heroes Awards 2010' nominees. See EDP this month for coverage. Aylsham Show is on Monday 30 th August.**