

All our fish is sustainably sourced



The Cock Inn Polstead

Country Pub & Kitchen

All our meat is locally sourced



Spring & Summer Menu

FOOD SERVICE HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed (except bank holidays)	Closed	12 - 2.30pm & 5.30 - 8.30pm	12 - 2.30pm & 5.30 - 8.30pm	Food served all day	Food served all day	12 - 5pm (last orders 4.30pm)

APERITIFS

Pimms.....Glass 5.95 / Large Glass 8.50 / Pitcher 18.95
 Mini Prosecco / Rose Prosecco8.00
 Gin Cocktail Suffolk Garden.....8.00

STARTERS

Soup of the Day.....6.95
 Rosemary & Sea Salt Focaccia Bread
 with olive oil & Balsamic vinegar (v)(ve).....To Share 5.95
 Mixed Olives (v)(ve)(gf).....3.00
 Tempura Battered Prawns with Sweet Chilli Sauce8.50
 Beef Tomatoes, Mozzarella and Fresh Basil (v)(gf)8.50

LARGE SHARING PLATTTER BOARDS

Served With bread basket, olive oil & balsamic vinegar (v)(ve)

Deli Board with cheeses of the week,
 cured continental meats, sundried tomatoes and salad17.95

Plant Based Board with borettane and balsamic onions,
 smoked pepper houmous, chargrilled vegetables,
 sundried tomatoes, plant-based cheese, salad (v)(ve).....16.95

MAIN COURSES

Real Ale Beer Battered Haddock
 with Thick Cut Chips and Mushy Peas or Salad.....14.95
 The Cock Inn Polstead Burger with melted cheese,
 Red Onion, Tomatoes, Lettuce, Toasted Bun & Fries.....12.95
 Griddled Halloumi Burger, Mushrooms,
 Sweet Chilli Drizzle, Toasted Bun & Fries (v).....12.50
 Sirloin Steak, Mushrooms, Griddled Tomatoes,
 Garlic butter, rocket and Thick cut chips (gf).....20.95
 Half Roasted Free-Range Chicken with Lemon & Thyme,
 served with Garlic Butter, New Potatoes or Fries (gf)14.95
 Suffolk Hand Carved Ham,
 Fried Free Range Eggs and Chunky Chips (gf)12.50

SALADS AND BAGUETTES

Superfood Nourish Salad Bowls

Wheatberry kernels, apple, cranberry, Spring Onion,
 Apricot, cherry tomatoes and cucumber (v)(ve)11.95
 with Crayfish.....14.95
 with Griddled Halloumi (v)13.95
 with Chicken13.95

Ploughman's Lunch

Salad, Suffolk Ham, Cheese, Apple, Pickles,
 real ale and apple chutney, Sourdough11.95

Sourdough Baguettes

Served with Balsamic Dressed Salad Garnish

Crayfish & Paprika Mayo.....8.95
 Suffolk Ham & English mustard7.95
 Chicken, Pesto & Rocket7.95
 Mature cheese & ale, apple chutney (v).....7.95

SIDES

Extras Thick Cut Chips3.75
 Fries3.75
 New Potatoes3.75
 Side Salad.....3.75
 Tomato Red Onion Salad3.50

Don't Forget Our
Traditional Sunday Roasts

Served 12-4pm
 Bookings advised

Also see our evening A la Carte Specials Menu,
 Seasonal Specials and our Dessert Menus

We use as much produce
 as possible from our kitchen garden



Takeaway Menu Available
 Please ask for details

IMPORTANT - FOOD ALLERGENS

If you have any allergies or intolerances please discuss with a member of staff if you are unsure before ordering.

All our food is prepared in a kitchen where nuts-gluten and other allergies are present. Our menu descriptions do not include all ingredients-if you have a food allergy please let us know before ordering. Full allergen information is available please ask a member of staff. The allergen information is the best of our knowledge and will be updated regularly when menus change. Please ask to see the allergen guides at the time of your visit to check if there has been any changes that may affect you.

Menu and Menu items are subject to availability and change.

(v) indicates Vegetarian dish (ve) indicates Vegan dish (gf) indicates gluten free
 (gfa) indicates gluten free adaptable subject to availability