

Our Food

Our food reflects the traditional Mediterranean diet with a strong Italian influence. Each dish contains a combination of carbohydrate, protein and fiber in different forms. All our produce is fresh, seasonal & where possible, locally sourced. Daily deliveries from farmers, fisherman and growers demands a daily changing menu prepared with care and with respect and with conviviality.

Warm bread & extra virgin olive oil or Corinish butter is served with your meal and if you are feeling hungry, the antipasti is great to have while you are choosing from the menu. All our dishes come as completed dishes but if you feel like something additional, then please choose from the listed extras. If you have any dietary needs or allergies, please let us know – or if there's something not on the menu that you fancy, just ask, we'll see what we can do.

At lunchtimes (and Friday through Sunday until 6pm) there is a bar menu available of soup, sandwiches, ploughman's and more. We have a weekly changing set menu of simple dishes with two choices per course. Every Friday night from October to Easter there are two pies available and from Easter to October it is STEAK – the four prime cuts as well as skirt or onglet from rare breeds such as White Park, Red Poll and Hereford. These are in addition to our daily menu.

Children of all ages are welcome. We can provide smaller simpler dishes using ingredients from the menu and at the weekends and school holidays, they have their own special menu to choose from.

Every September to May, we run wine and food evenings. They are hosted by our head chef Ugo Simonelli and Hamish Anderson of the Tate Galleries UK who helps me with the wine list. Recent events have included a gastronomic tour of Italy and a global vinous celebration celebrating the worlds top six wine producing countries. A menu of five to seven courses is paired with eight to ten wines. Keep an eye on our website and notice board in the pub for future tastings and events.

If you would like to hold a private party whether it be lunch or dinner, we can devise a bespoke menu in a private section of the dining room. Our oak room can be hired out for drinks parties, wakes, committee or club meetings for up to 50 people. And finally, if you are having a party at home and require food or service, we'd be more than happy to assist.

Finally, we'd like to extend our thanks to you for visiting us and if you have any comments, we'd love to here from you.

Our Suppliers

Fruit & Vegetables

Season dependent, we buy from local growers including Eric Locke, Jane Marshall, Andrew Tann, Alison Bond, Elaine at Remfresh, Jack Fryer and forced rhubarb from Oldroyd's in the Yorkshire Triangle. This is on top of our directly bought market produce.

Willshere & Sons, Mark's Tey

Andy Fermoy buys beef and lamb from farms around the Colne Valley. Red Poll beef from Braxted, Aberdeen Angus from Aldham, venison and game shot locally around Birch, Tollhurst and Abberton.

The Broxtead Butchery, Wherstead

Gerard supplies game including venison all shot on the surrounding land, Red Poll cattle, Blythburgh pigs, Spring Hall Farm Lamb, Suffolk free-range Hereford veal.

Richard Vaughan, Huntsham Farm

Every so often, when supply of local rare breed meat is low, we turn to Richard Vaughan down in Hereford. His meat is quite simply, stunning. Longhorn cattle, Middle White pigs and Ryeland lamb. Nurtured all the way through rearing, these animals have excellent depth of flavor with good marbling throughout the meat which only enhances the flavour.

Sutton Hoo Chicken, Hasketon

Belinda Nash rears free-range and organic slow grown birds on 40 acres near Woodbridge. The birds, a cross between a Suffolk White and a French Master Gris give a combination of size and flavour. And what a flavour – I used to think chicken was boring!

The East London Sausage Company, Walthamstow

Michael bought 4th generation Italian sausage making company Parisi and makes the most delicious Tuscan Style Sausage – 100% pork meat seasoned with fennel, black pepper and other secret flavorings which he won't reveal!

Ben's Fish, East Mersea

Ben is renowned for his line caught, seasonal inshore fish from local & south coast day boats. His wife Amanda also now runs a cookery school in the next door barn to Ben.

Natoora, London

Our Italian specialists in London who source direct from artisan producers throughout Italy. Olive oil, vinegar, pulses and grains as well as top up wonderful seasonal Italian vegetables and fruit.

Hamish Johnston, Framlingham

Will Johnston is an expert in British cheese and as such we get treats like Tunworth, Norfolk Dapple, Suffolk Blue and Stichelton.

James George, East Bergholt

Free-range eggs with deep yellow yolks daily.

Jane Hadley, Colne Engaine,

Award winning ice-cream from her herd of Frisian cows.