

Nº4 Restaurant & Bar

Start & Share

New England Clam Chowder	£7
With bacon and vegetables in a rich and creamy broth. Served with garlic whole wheat oatmeal bread.	
Feature Soup (V/G/GF)	£4.75
Ask your server about our current feature soup.	
Garlic Cheese Bread (V)	£6
Cuban bread with garlic butter, cheddar, mozzarella and fresh herbs.	
Hummus (V)	£5.35
With mint tzatziki, fried chickpeas and authentic pita bread.	
Seafood Bake	£7
Clams, prawns, and smoked haddock with vegetables in a garlic white wine sauce, topped with cheese. Served with Cuban bread.	
Smoked Salmon Dip	£7
A rich dip with cheddar and mozzarella cheese. Served with Cuban garlic bread.	
Moroccan Shakshuka (V)	£6
Poached eggs in a Ras el Hanout spiced tomato sauce with red peppers, fried onions and roasted mushrooms. Served with pita bread.	
Street Tacos	
Two soft flour tortillas with red cabbage coleslaw, guacamole, spring onions and a spicy tomato sauce.	
King Prawn	£8
Halloumi (V)	£6.50
Fried Falafel (V/G)	£5.80
Tofu (V/G)	£6.20
Sweet Potato Fries (V/G/GF)	Large £4.50
With fresh herbs and spices.	
	Small £2.50
Classic Fries (V/G/GF)	Large £3.75
With fresh herbs and spices.	
	Small £2

Salads

Not a Caesar Salad (V/GF)	£6
Mixed greens with mature cheddar, fried chickpeas and garlic aioli.	
Warm Cavolo Nero (V/G/GF)	£6
With toasted almonds, portobello mushrooms, red and spring onion, fried chick peas and a sherry vinaigrette.	
Alpha Omega (V/GF)	£6
Mixed seeds, cashews, mixed lettuce, red pepper, red and spring onion and a sweet chilli dressing.	
Roasted Mushroom and Dried Fig (V)	£6
With red pepper, red onion, cashews, egg noodles, mixed Lettuce, sesame oil and a sherry reduction.	
Add to any salad:	
Grilled Chicken (GF)	£3.50
Garlic Prawns (GF)	£5
Grilled Flat-Iron Steak (GF)	£8
Fried Tofu (V/G/GF)	£3

Sandwiches

Served on an authentic Cuban bread with a red cabbage coleslaw garnish

Lisa's Club	£8
Grilled chicken, smoked streaky bacon, red pepper, mature cheddar, baby spinach, fresh herbs and cranberry tartar.	
Vietnamese Steak Banh-Mi	£8.75
Grilled steak, cucumber, water chestnuts, jalapenos, pickled vegetables, fresh herbs, sesame chilli and mayonnaise.	
Loaded Fries	
<i>Swap to sweet potato fries for 50p extra</i>	
Poutine	£6
A Canadian classic: fries covered in cheddar cheese curds and chicken gravy.	
Dirty	£7
With bacon, chicken gravy, tomatoes, red and spring onions, jalapenos, fresh herbs and garlic aioli.	
Moroccan (V/G/GF)	£6
With a Ras el Hanout spiced tomato sauce, red peppers, fried onions and roasted mushrooms.	
Garlic (V/GF)	£5.75
With toasted garlic, fresh herbs and garlic aioli.	

Big Bowls

Teriyaki (V/GF)	£9
Sautéed mixed vegetables, spicy yoghurt and red cabbage coleslaw. Served on boiled rice.	
Smoked Haddock (GF)	£13
In a teriyaki sauce, with spicy yoghurt and red cabbage coleslaw. Served on boiled rice.	
Prawn Chow Mein	£14
With bean sprouts, mushrooms, red pepper, carrot, daikon, cabbage, onion and egg noodles. With a sweet sherry soy sauce.	
Mushroom Chow Mein (V)	£9
With bean sprouts, red pepper, carrot, daikon, cabbage, onion and egg noodles. With a sweet sherry soy sauce.	
Mongolian Tofu (V/G/GF)	£9
Red and spring onion, red pepper and cashews in a Szechuan sauce. Served on boiled rice.	
Jambalaya (GF)	£12.50
King prawns, chicken, sausage, bacon, black bean salsa, spicy tomato sauce and mint tzatziki. Served on boiled rice.	
Korean Bibimbap (V/GF)	£9
Bean sprouts, water chestnuts, pickled vegetables, cavolo nero, mushrooms, cucumber, sesame chilli sauce and a poached egg. Served on boiled rice.	
Add to any bowl:	
Grilled Chicken (GF)	£3.50
Garlic Prawns (GF)	£5
Grilled Flat-Iron Steak (GF)	£8
Fried Tofu (V/G/GF)	£3

Steak & Chicken

Flat-Iron Steak (GF)	£12
Grilled to medium-rare. Served with fine bean salad and classic fries.	
Portobello Steak (GF)	£15
In a roasted garlic cream sauce with mozzarella cheese and classic fries.	
Spicy Cajun Chicken (GF)	£11.75
With sweet potato fries and red cabbage coleslaw.	
Portobello Chicken (GF)	£12.50
In a roasted garlic cream sauce with mozzarella cheese and classic fries.	
Moroccan Spiced Chicken (GF)	£12
In a Ras el Hanout spiced tomato sauce with red peppers, fried onions and roasted mushrooms. Served on boiled rice.	

HIGHLIGHTED DISHES ARE CHEF RECOMMENDED

PLEASE INFORM US OF ANY ALLERGIES OR SPECIAL DIETARY REQUIREMENTS

Burgers

Our beef burgers are cooked through to a minimum of 70°C for 2 minutes to retain maximum flavour and ideally pink inside. Served with a red cabbage coleslaw garnish

Bigger Better	£7
100% fresh minced chuck beef, tomato, red onion, iceberg lettuce and remoulade on a classic burger bun.	
Bacon Cheddar	£9.50
100% fresh minced chuck beef, smoked streaky bacon, mature cheddar, tomato, red onion, iceberg lettuce and remoulade on a classic burger bun.	
SoCal Chicken	£8.50
Guacamole, tomato, red onion, iceberg lettuce and remoulade on an oatmeal whole wheat bun.	
Cajun Chicken Cheddar	£8.75
Aged cheddar, tomato, red onion, iceberg lettuce and remoulade on a classic burger bun.	
Falafel and Guacamole (V/G)	£7.75
Tomato, red onion, iceberg lettuce, on an oatmeal whole wheat bun.	
Go 'bunless' with any burger (GF)	+£2
<i>Drop the bun and make your burger into a Big Bowl. Choose any set burger and make it a protein-rich burger bowl.</i>	
Served on crisp iceberg lettuce with tomato, red onion, guacamole, red cabbage coleslaw, black bean salsa, bean sprouts, fried chickpeas, mixed seeds and a mustard vinaigrette.	
<i>If none of these tickle your fancy, try our Create-Your-Own Burger menu.</i>	

Children's Menu

Our Children's Menu is made with the same fresh, high quality ingredients as our Main Menu but with half-size portions

Teriyaki Rice Bowl (V/G/GF)	£4.75
Rice, sautéed mixed vegetables and red cabbage coleslaw.	
Flat Iron Steak (GF)	£7.50
Served with classic fries and fine bean salad.	
Portobello Mushroom Chicken (GF)	£7.50
In a roasted garlic cream sauce with mozzarella cheese and classic fries.	
<i>Burgers are served with lettuce, tomato, red onion and mayonnaise in the bun and come with a red cabbage coleslaw garnish</i>	
Better Beef Burger	£4.25
Bacon Cheddar Burger	£6
Chicken Burger	£4.25
Falafel and Guacamole Burger (V)	£5.25

Sandwiches are served with red cabbage coleslaw garnish

Grilled Suffolk Sausage Sandwich	£4.75
With spicy tomato sauce, fried onion, red onion and tomato.	
BLT	£3.50
Smoked bacon, iceberg lettuce, tomato and mayonnaise.	

(V) Suitable for Vegetarians

(V/G) Suitable for Vegans

(GF) Gluten-free

-Whilst every effort has been made not to include any gluten there may still be trace amounts present.

Cold Drinks

Soft Drinks (small / medium / large)

Pepsi • Diet Pepsi • Tango • Lemonade • Elderflower • Lime & Soda

£2.60 / £3.30 / £3.80

Fever Tree (200ml)

Indian Tonic • Light Indian Tonic

£2

Schweppes (200ml)

Canada Dry Ginger Ale

£2

Bundaberg (375ml)

Brewed Ginger Beer

£3.25

Cawston Press (330ml)

Sparkling Apple & Rhubarb •

Sparkling Apple

£2.25

James White Juices (250ml)

Russet Apple • Apple & Elderflower • Pear & Raspberry • Big Tom Spiced Tomato

£3

Cranberry Juice (Half Pint)

£2.25

Tropicana Orange Juice (Half Pint)

£2.25

Hildon Bottled Water (330ml / 750ml)

Still • Sparkling

£2 / £3

Hot Drinks

Single Espresso £2.25

Double Espresso £2.75

Americano £2.75

Latte £2.75

Cappuccino £2.75

Flat White £2.75

Macchiato £2.75

Mocha £2.75

Hot Chocolate £2.75

Chai Latte £2.75

Babyccino £1.50

Tea £2.50

English Breakfast • Decaffeinated •

Mint • Earl Grey • Chamomile •

Ginger • Hibiscus • Berry Blend •

Dragonwell • Jasmine Green

Oat milk available

Cocktails

Long Island Iced Tea £7.50

Cointreau, Bacardi rum, Absolut vodka, Bombay Sapphire gin, and tequila with a dash of Pepsi and lime cordial over ice with a slice of lemon.

Bloody Mary £7.50

Absolut vodka and Big Tom spiced tomato juice, ringed with lemon juice and celery salt and served with a stick of celery.

Screwdriver £7.50

Absolut vodka served over ice with Tropicana fresh orange juice.

Mimosa £6

Fávola Prosecco over ice with Tropicana fresh orange juice.

Mojito £7.50

Bacardi white rum, with fresh limes, mint and demerara sugar.

Classic Pimm's £7.50

Pimm's No1, lemonade and fresh fruit.

Classic Gin & Tonic

Choose from a selection of great quality gins served with Fever Tree Indian Tonic or Naturally Light Indian Tonic.

Bombay £6

Tanqueray £6

Hendrick's £7

Cambridge Dry £7

Rosie's £7

Pinkster's £7

Virgin Cocktails

Shirley Temple £3

Ginger ale and Tropicana fresh orange juice over ice with a splash of grenadine and a lime wedge.

Roy Rogers £3

Pepsi cola and a splash of grenadine over ice with a wedge of lime.

Malted Milkshakes (V)

Prepared with vanilla ice cream, whole milk and Horlicks malt powder

Chocolate • Strawberry • Vanilla •

Coffee • Oreo • Mint Chocolate

Large Small

£5 £3

Milkshakes can be made gluten free without malt, excluding Oreo.

Draught

Pint / Half

Calvors 3Point8 Helles Lager

Light, crisp and refreshing.

Coddenham, Suffolk 3.8%

£4.50 / £2.50

Calvors Premium Pilsner

Smooth, malty and full bodied.

Coddenham, Suffolk 5.0%

£4.75 / £2.75

Brewshed Pale Ale

A light golden, clean and refreshing pale ale.

Bury St Edmunds 3.9%

£4.25 / £2.25

Brewshed Guest Ale

Ask your server for details.

Bury St Edmunds

£4.50 / £2.50

Beer & Cider

Brewshed Red IPA

An intense dark red ale with a pronounced toasted malt hit, balanced with an aromatic freshness. Bury St Edmunds 4.5% (330ml)

£4.25

Calvors Suffolk Graduate Best Bitter

A chestnut coloured best bitter, brewed with all English hops and Suffolk produced barley.

Coddenham, Suffolk 3.8% (330ml)

£4.50

Leffe Blonde

Smooth and balanced fruity, warming flavours. Belgium 6.6% (330ml)

£4.50

Beck's Blue

Golden, yeasty beer with light malt characters. Germany 0.05% (330ml)

£3

Aspall Suffolk Cyder

Dry cider with a floral/apple aroma and a delicate flavour of fresh pressed apples. Suffolk 5.5%(330ml)

£4.50

Caple Road Cider

Independent craft cider with smoky oak notes.

Herefordshire 5.2%(330ml)

£4.50

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White Wine

175ml / 250ml / Bottle

Pinot Grigio, Novita (1)

Fresh, vibrant, and dry with citrus flavours and a hint of tropical fruit. Italy. 12%

£4.75 / £6.50 / £19

Sauvignon Blanc, Terre Du Soleil (2)

Fresh crisp tropical fruit. France. 12%

£5.25 / £7.50 / £22

Garganega Chardonnay, Il Casone (3)

Refreshing, fruity palate with an attractive hint of almond. Italy. 12%

£5.50 / £7.75 / £23

Sauvignon Blanc, Faultline (2)

A delicate aroma of sweet honeysuckle and tropical fruits. New Zealand. 12%

£6.50 / £9 / £27

Chenin Blanc, Swartland Winery (3)

Balanced notes of passion fruit, pineapple and guava with a refreshing finish. South Africa. 13%

£5.50 / £7.75 / £23

Rosé

175ml / 250ml / Bottle

Pinot Grigio Blush, Novita

Fruity with aromas of ripe cherries and strawberries. Italy. 12%

£5.00 / £6.75 / £20.75

Zinfandel Blush, Misty Peaks

Flavours of watermelon, strawberry and nectarine, with a silky texture and soft finish. USA. 10.5%

£5.25 / £7 / £21.75

Sparkling Wine

125ml / Bottle

Prosecco Extra Dry, Fávola

Fresh and fragrant with aromas of pear and apple. Italy. 11%

£4.75 / £28.50

Pink Prosecco Rosé, Fávola

Fresh and fruity sparkling rosé with an aromatic bouquet of red berries. Italy. 12%

£5.25 / £30

(1) =Dry (2) =Sweet (1) =Light (2) =Full Bodied

(V)/(V) **All of our wines are vegan, with the exception of the Malbec Sierra Los Andes which is vegetarian**

Wines by the glass are also available in 125ml size

Red Wine

175ml / 250ml / Bottle

Sangiovese, Novita (3)

Smooth with redcurrant and raspberry fruit leading into a fresh finish. Italy. 11.5%

£4.75 / £6.50 / £19

Merlot, Terre Du Soleil (2)

Chocolate notes with plummy fruit. France. 13.5%

£5.25 / £7.50 / £22

Cabernet Sauvignon Reserva, Viña

Echeverria (3)

Plum and strawberry flavours combined with hints of red pepper and spice. Fruity and long lasting finish. Chile. 13.5%

£5.75 / £8 / £23.50

Syrah, Swartland Winery (5)

Cherry and raspberry fruit flavours, with an earthy bite and a touch of spice. South Africa. 13.5%

£6.25 / £9 / £26.50

Malbec, Sierra Los Andes (4)

Intense, sweet, spicy aromas with rich red fruits and floral hints. Argentina. 13.5%

£6 / £8.50 / £25

Pinot Noir, Marlborough St.Clair (1)

Complex combination of raspberry, red cherry, blackcurrant leaf, and herbs and spices.

New Zealand. 13.5%

£6.50 / £9.50 / £27



10% DISCOUNT FOR MEMBERS
Ask at the bar for details

abbeygatecinema.co.uk

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(V) Our milkshakes are all suitable for vegetarians

(GF) Gluten-free

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