

# No 4 Restaurant & Bar

## Start & Share

<b>Tomato &amp; Pimento Soup (VG/GF)</b>	<b>£5.00</b>
With avocado crema and fried chickpeas	
Add bread & Butter	<b>+50p</b>
<b>Smoky Pimento Hummus (VG/GF)</b>	<b>£5.00</b>
With fried chickpeas & hand cooked corn chips	
<b>Queso Dip (V/GF)</b>	<b>£5.00</b>
Homemade American cheese sauce with chili sauce and hand cooked corn chips	
<b>Bruschetta (VG)</b>	<b>£5.50</b>
With avocado crema, chilled tomato & onion bruschetta & sherry glaze on toasted bread	
<b>Sweet Potato Fries (VG/GF)</b>	<b>£5.00</b>
With fresh herbs & spices	
<b>Classic Fries (VG/GF)</b>	<b>£4.00</b>
With fresh herbs & spices	

## Loaded Fries

<b>Poutine</b>	<b>£7.00</b>
A Canadian classic. Fries topped with fresh cheddar cheese curds & chicken gravy	
<b>Dirty</b>	<b>£7.50</b>
With smoked streaky bacon, tomato, onion, jalapeno, pimento, rich chicken gravy & gochujang sauce	
<b>Tex Mex (V/GF)</b>	<b>£7.50</b>
With jalapeno, tomato, onion, avocado crema & American cheese sauce	
<b>Kimchi (VG/GF)</b>	<b>£7.00</b>
With fermented cabbage, onion, mushroom & gochujang sauce	

## Salads

Main £7.50 / Side £5.00

<b>House (VG/GF)</b>
Sugar snap peas, Memphis coleslaw, pimento, tomato, onion, jalapeno, iceberg lettuce, roasted cashews, sherry vinaigrette & sweet chilli dressing
<b>Alpha Omega (VG/GF)</b>
Mixed seeds, roasted cashews, mixed lettuce, pimento, dried cranberries, spring onion & sweet chilli dressing
<b>Warm Bok Choi Salad (VG/GF)</b>
With pimento, fried onion, roasted mushroom, fried chickpeas and mixed seeds in a sherry vinaigrette

(VG)	Suitable for Vegans
(V)	Suitable for Vegetarians
(GF)	Gluten-free (Every effort has been made not to include any gluten, but there may still be trace amounts present)

**PLEASE INFORM US OF ANY ALLERGIES OR SPECIAL DIETARY REQUIREMENTS BEFORE ORDERING.**

## Main Meals

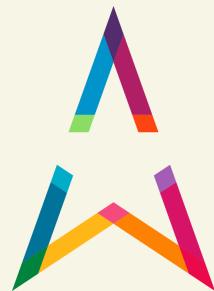
<b>Chicken Chasseur</b>	<b>£13.00</b>
With roasted mushroom, tomato, onion and chicken gravy. Served with classic fries and mixed vegetables	
<b>Spicy Jamaican Jerk Chicken (GF)</b>	<b>£13.00</b>
Fresh chicken breasts marinated in our homemade blend of scotch bonnets, herbs and spices. Served with sweet potato fries and mixed vegetables	
<b>Grilled NY Steak (GF)</b>	<b>£22.85</b>
Minimum 28 day aged. Prepared medium-rare. Served with classic fries and mixed vegetables	
<b>Chicken Cacciatore</b>	<b>£13.00</b>
With roasted mushroom, tomato, onion, pimento and rich tomato sauce. Served on a bed of rice noodles	

## Big Bowls

<b>Jambalaya</b>	<b>£13.50</b>
King prawns(3), roasted chicken, bacon, pimento, jalapeno, tomato, onion and a rich tomato sauce. Served on basmati rice	
<b>Mac'n'Chz (V)</b>	<b>£9.00</b>
Macaroni pasta tossed in a homemade authentic American cheese sauce	
<b>Teriyaki (VG/GF)</b>	<b>£9.00</b>
Sugar snap peas, roasted mushroom, water chestnut, pimento, teriyaki sauce, Memphis coleslaw & sweet chilli dressing over basmati rice	
<b>Mongolian Tofu (VG/GF)</b>	<b>£9.00</b>
With onion, pimento & cashews in a Szechuan sauce. Served over basmati rice	
<b>Korean Bibimbap (V/GF)</b>	<b>£9.85</b>
Onion, water chestnut, kimchi, baby spinach, mushroom, pimento, gochujang sauce, mixed seeds, and a hard boiled egg. Served on basmati rice	

## Sandwiches

<b>Served on a Cuban bread bun with classic fries and Memphis coleslaw.</b>	
<b>Lisa's Club</b>	<b>£9.50</b>
Roasted chicken breast, smoked streaky bacon, pimento, mature cheddar, mixed lettuce, parsley & cranberry tartar	
<b>Baja (VG)</b>	<b>£7.00</b>
Avocado crema, tomato, onion, jalapeno, mixed lettuce, parsley & sweet chilli dressing	
<b>Roasted Mushroom (VG)</b>	<b>£7.00</b>
Roasted mushroom, pimento, fried onion, mixed lettuce, parsley & sweet chilli dressing	
<b>Kimchi Steak</b>	<b>£9.50</b>
Thin sliced fried steak, water chestnut, fermented cabbage, parsley, mixed lettuce, mayonnaise & gochujang sauce	



**10% DISCOUNT FOR MEMBERS**

Ask staff for details



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## Burgers

*All of our burgers are served with iceberg lettuce, tomato, onion & remoulade, with a Memphis coleslaw garnish and classic fries. Served on a potato bread bun unless otherwise noted.*

*Our beef burgers are cooked through to a minimum of 70°C for 2 minutes to retain maximum flavour & ideally still pink inside.*

<b>No.4 Bigger Better Beef</b>	<b>£9.00</b>
Fresh minced 100% chuck beef & barbecue sauce	
<b>Bacon Cheddar Beef</b>	<b>£11.50</b>
Fresh minced 100% chuck beef, smoked streaky bacon, mature cheddar & barbecue sauce	
<b>Spicy Jamaican Jerk Chicken</b>	<b>£10.00</b>
Fresh chicken breast marinated in our homemade blend of scotch bonnets, herbs and spices	
<b>Grilled Chicken Cheddar</b>	<b>£10.50</b>
Seasoned with homemade blend of spices	
<b>Jackfruit (VG)</b>	<b>£9.00</b>
Homemade patty with barbecue sauce	
<b>Falafel (VG)</b>	<b>£9.50</b>
Homemade patty with Smoky Pimento Hummus	

**Go 'bunless' with any burger (GF)**

Drop the bun & classic fries & we'll make you a protein-rich burger bowl with boiled rice, avocado crema, snap peas, pimento, Memphis coleslaw, tomato, onion, iceberg lettuce, fried chickpeas, mixed seeds & remoulade

## Add-Ons

**Add these to your Loaded Fries, Salad, or Big Bowl.**

Add Jackfruit Patties (2 each) (VG/GF)	<b>£3.00</b>
Add Falafel (2 each)	<b>£5.00</b>
Add Garlic Prawns (6 each) (GF)	<b>£5.00</b>
Add Fried Steak (CONTAINS GLUTEN)	<b>£4.00</b>
Add Roasted Chicken (GF)	<b>£3.50</b>
Add Jerk Chicken (GF)	<b>£3.50</b>

## Baked Goods

<b>Homemade Cake (V)</b>	<b>£3.50</b>
<b>Nanaimo Bar (V)</b>	<b>£3.00</b>
Dark chocolate, coconut & sweet custard come together in a rich Canadian treat	
<b>Chocolate Chip Cookie (V) 65p each</b>	
<b>3 for £1.75</b>	
<b>Luxurious Brownie (VG/GF)</b>	<b>£3.50</b>
Decadent & delightful	
<b>Cheese Scone (V)</b>	<b>£2.25</b>
Homemade from scratch with mature cheddar cheese	
<b>Cranberry Scone (V)</b>	<b>£2.25</b>
Homemade from scratch with dried cranberries	
<b>Clotted Cream (V)</b>	<b>£1.00</b>

## Ice Cream

<b>Purbeck Ice Cream (V/GF)</b>	<b>£2.85</b>
Passionately produced on a farm in Purbeck, Dorset, with fresh milk, thick double cream & natural flavours	
•Mint Choc Chip	
•Serious Chocolate	
•Salted Caramel	
•Stem Ginger	
•Vanilla Bean	
<b>Vegan Ice Cream (VG/GF)</b>	<b>£2.85</b>
Made from freshly harvested mature coconuts & blended with fresh fruit to create a creamy, indulgent, fresh-tasting treat	
•Coconut	
•Chocolate & Orange	
•Mango & Passionfruit	

## White Wine

<b>Pinot Grigio, Novita</b> (2) <i>Italy 12.0%</i> Fresh, vibrant, and dry with citrus flavours and a hint of tropical fruit.	<b>175ml / 250ml / Bottle</b> <b>£4.75 / £6.50 / £19.50</b>
<b>Sauvignon Blanc, Terre Du Soleil</b> (2) <i>France 12.0%</i> Fresh crisp tropical fruit.	<b>£5.50 / £7.50 / £21.50</b>
<b>Chardonnay, Undurraga</b> (3) <i>Chile 13.0%</i> Unoaked with enticing aromas of vanilla, with a hint of honey and tropical fruit.	<b>£5.75 / £7.75 / £22.50</b>
<b>Sauvignon Blanc, Faultline</b> (2) <i>New Zealand 12.0%</i> A delicate aroma of sweet honeysuckle and tropical fruits.	<b>£6.75 / £9.00 / £25.00</b>
(1) dry • (7) very sweet	

## Sparkling Wine

<b>Prosecco Extra Dry, Fávola</b> <i>Italy 11.0%</i> Fresh and fragrant with aromas of pear and apple.	<b>125ml / Bottle</b> <b>£5.25 / £29.75</b>
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## Red Wine

<b>Sangiovese, Novita</b> (3) <i>Italy 11.5%</i> Smooth with redcurrant and raspberry fruit leading into a fresh finish.	<b>175ml / 250ml / Bottle</b> <b>£4.75 / £6.50 / £19.50</b>
<b>Merlot, Terre Du Soleil</b> (2) <i>France 12.5%</i> Chocolate notes with plummy fruit.	<b>£5.50 / £7.50 / £21.50</b>
<b>Shiraz, Boundary Line</b> (2) <i>Australia 13.0%</i> Aromas of gentle spice and white pepper, medium bodied with fresh berry flavours.	<b>£5.75 / £7.75 / £22.50</b>
<b>Malbec, Doña Paula</b> (3) <i>Argentina 13.5%</i> Well rounded with notes of red cherry with a spicy finish.	<b>£5.75 / £7.75 / £22.50</b>
(1) light • (5) full-bodied	

## Rosé Wine

<b>Pinot Grigio Blush, Novita</b> <i>Italy 12.0%</i> Fruity with aromas of ripe cherries and strawberries.	<b>175ml / 250ml / Bottle</b> <b>£4.75 / £6.50 / £19.50</b>
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## Cocktails

<b>Long Island Iced Tea</b> Cointreau, Bacardi rum, Absolut vodka, Bombay Sapphire gin, and tequila with a dash of Pepsi Max and lime cordial over ice with a slice of lemon.	<b>£7.50</b>
<b>Tom Collins</b> <b>Double Shot</b> Fresh lemon slices topped with Bombay Sapphire gin, lemonade and soda water.	<b>£6.00</b> <b>£8.00</b>
<b>Bloody Mary</b> <b>Double Shot</b> Absolut vodka and Big Tom spiced tomato juice, ringed with lemon juice and celery salt and served with a stick of celery.	<b>£6.00</b> <b>£8.00</b>
<b>Mimosa</b> Fávola Prosecco over ice with Tropicana fresh orange juice.	<b>£6.00</b>
<b>Irish Coffee</b> Americano with Irish whisky, topped with whipped cream	<b>£6.50</b>
<b>Mojito</b> <b>Double Shot</b> Bacardi white rum with fresh lime, mint and demerara sugar	<b>£6.00</b> <b>£8.00</b>

## Classic Gin & Tonics

*All of our gin's are served with Fever-Tree Indian Tonic Water - a delicious, award winning tonic with a uniquely clean and refreshing taste and aroma.*

<b>Bombay Sapphire</b> <b>Double Shot</b> Infused with ten exotic botanicals, Bombay Sapphire has a clean, bright flavour with a vibrant, peppery finish.	<b>£6.00</b> <b>£8.00</b>
<b>Tanqueray</b> <b>Double Shot</b> The perfect balance of four classic gin botanicals - refreshing juniper, peppery coriander, aromatic angelica and sweet liquorice.	<b>£6.00</b> <b>£8.00</b>
<b>Hendrick's</b> <b>Double Shot</b> Infused with the remarkable Bulgarian Rosa Damascena and specially selected cucumbers from the finest producers	<b>£7.00</b> <b>£10.00</b>

## Virgin Cocktails

<b>Mojito</b> Carbonated water with fresh lime, mint and demerara sugar	<b>£4.00</b>
<b>Negroni</b> Seedlip Grove 42, Aecorn Bitter & Dry Aperitifs	<b>£4.50</b>
<b>Roy Rogers</b> Pepsi Max, lime cordial & grenadine	<b>£3.25</b>

## Spirits

<b>Absolute Vodka</b> 40% (25ml)	<b>£3.75</b>
<b>Bacardi Rum</b> 37.5% (25ml)	<b>£4.50</b>
<b>Baileys Irish Cream</b> 17% (50ml)	<b>£5.50</b>
<b>Bombay Sapphire Gin</b> 40% (25ml)	<b>£4.00</b>
<b>Disaronno Amaretto</b> 28% (25ml)	<b>£3.75</b>
<b>Cpt Morgan Rum</b> 40% (25ml)	<b>£3.75</b>
<b>Morgan Spiced Rum</b> 35% (25ml)	<b>£4.00</b>
<b>Cointreau</b> 40% (25ml)	<b>£4.00</b>
<b>Courvoisier</b> 40% (25ml)	<b>£5.00</b>
<b>Famous Grouse Whisky</b> 40% (25ml)	<b>£3.75</b>
<b>Hendrick's Gin</b> 41.4% (25ml)	<b>£4.75</b>
<b>Jack Daniel's Whiskey</b> 40% (25ml)	<b>£5.00</b>
<b>Malibu</b> 21% (25ml)	<b>£3.00</b>
<b>Martini</b> 15% (50ml)	<b>£3.40</b>
<b>Pimm's</b> 25% (50ml)	<b>£3.75</b>
<b>Tanqueray Gin</b> 43.1% (25ml)	<b>£4.00</b>
<b>Tequila</b> 40% (25ml)	<b>£3.00</b>
<b>Tia Maria</b> 20% (25ml)	<b>£3.00</b>

## Draught Beer

<b>Calvors 3Point8 Helles Lager</b> Light, crisp and refreshing. <i>Coddenham, Suffolk 3.8%</i>	<b>½ Pint / Pint</b> <b>£2.50 / £4.50</b>
<b>Calvors Premium Pilsner</b> Smooth, malty and full bodied. <i>Coddenham, Suffolk 5.0%</i>	<b>£2.75 / £4.75</b>
<b>Brewshed Counterfeit IPA</b> Unfiltered, cloudy beer with ripe, tropical fruit flavours. <i>Bury St Edmunds 4.0%</i>	<b>£2.50 / £4.50</b>

## Bottled Beer & Cider

<b>Budweiser</b> A medium bodied crisp American lager. <i>UK 4.5% (330ml)</i>	<b>£4.50</b>
<b>Stella Artois</b> A well balanced Belgian lager. <i>UK 4.8% (330ml)</i>	<b>£4.50</b>
<b>Adnams Southwold Bitter</b> A beautiful copper-coloured beer, with a distinctive lingering hoppiness, plus hints of caramel and biscuit. <i>Suffolk 4.1% (500ml)</i>	<b>£5.50</b>
<b>Aspall Suffolk Cyder</b> Dry cider with a floral/apple aroma and a delicate flavour of fresh pressed apples. <i>Suffolk 5.5% (330ml)</i>	<b>£4.50</b>
<b>Peroni Nastro Azzurro, Gluten Free</b> A crisp and refreshing lager, with unmistakable character. <i>Italy 5.1% (330ml)</i>	<b>£4.75</b>

## Low Alcohol Beer

<b>Adnams Ghost Ship Citrus Pale Ale</b> With bold citrus flavours and lemon lime aromas from citra hops. <i>Scotland, UK 0.5% (500ml)</i>	<b>£5.50</b>
<b>Big Drop Uptown Craft Lager</b> Crisp & balanced with a dry, refreshing bite and aromas of light honey and pepper. <i>Suffolk, UK 0.5% (330ml)</i>	<b>£4.00</b>
<b>UNLTD. Lager</b> Thirst quenching lager with a hint of honey & caramel, rounded off with a subtly bitter finish & light citrus aromas. <i>Hertfordshire, UK 0.5% (330ml)</i>	<b>£4.00</b>
<b>Shrb IPA</b> Malty backbone, caramel undertones and tropical fruits with a dry hoppy finish. <i>Hertfordshire, UK 0.0% (330ml)</i>	<b>£4.00</b>

## Soft Drinks

<b>Coca Cola</b> (330ml)	<b>£3.00</b>
<b>Karma Cola</b> (330ml)	<b>£3.00</b>
Made with Fairtrade organic cane sugar and real cola nut grown by the Mende and Temne people of Sierra Leone.	
<b>Draught Fizzy</b> ½ Pint <b>£2.75 / Pint £3.50</b>	
•Pepsi Max	
•Tango Sugar Free	
•Lime Soda	
•7up Sugar Free	
•Diet Pepsi	
•Elderflower Soda	
<b>Lipton Peach Iced Tea</b> (500ml)	<b>£3.75</b>
<b>Fever Tree</b> (200ml)	<b>£2.00</b>
•Indian Tonic	
•Light Indian Tonic	
•Ginger Ale	
<b>Sparkling Cawston Press</b> (330ml)	<b>£3.00</b>
•Apple	
•Apple & Rhubarb	
•Apple & Elderflower	
<b>James White Juices</b> (250ml)	<b>£3.00</b>
•Russet Apple	
•Apple & Elderflower	
•Big Tom Spiced Tomato	
<b>Tropicana Orange Juice</b> (250ml)	<b>£2.50</b>
<b>Bottled Water</b> (330ml)	<b>£2.50</b>
Still or Sparkling	

## Hot Drinks

<b>Americano</b> Double espresso with hot water	<b>£2.75</b>
<b>Espresso</b> Single shot of espresso	<b>£2.50</b>
<b>Double Espresso</b> Double shot of espresso	<b>£2.75</b>
<b>Latte</b> Double espresso with hot, smooth milk	<b>£2.75</b>
<b>Cappuccino</b> Double espresso with hot, foamed milk, dusted with chocolate powder	<b>£2.75</b>
<b>Flat White</b> Double ristretto with hot, smooth milk	<b>£2.75</b>
<b>Macchiato</b> Double espresso with a splash of hot, foamed milk	<b>£2.75</b>
<b>Mocha</b> Double espresso and chocolate with hot, smooth milk, dusted with chocolate powder	<b>£2.75</b>
<b>Hot Chocolate</b> Chocolate and hot, smooth milk, dusted with chocolate powder	<b>£2.75</b>
<b>Chai Latte</b> Spiced chai flavouring with hot, smooth milk	<b>£2.75</b>
<b>Babyccino</b> Warm milk dusted with chocolate powder	<b>£1.50</b>
<b>Tea</b>	<b>£2.50</b>
•English Breakfast	
•Decaffeinated	
•Earl Grey	
•Spicy Rooibos	
•Dragonwell	
•Egyptian Mint	
•Hibiscus Wild Encounter	
•White Pear & Ginger	
•Citrus Chamomile	
<i>Oat milk available</i>	

## Milkshakes

<b>Small £3.00 / Large £5.00</b> Proper milkshakes with vanilla ice cream, milk and Horlicks malt powder.
•Chocolate
•Strawberry
•Vanilla
•Coffee
•Oreo
<i>Make your milkshake gluten free by asking for no malt</i>



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