

# 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	+50p
<b>Smoky Pimento Hummus (VG/GF)</b>	<b>£5.00</b>
With fried chickpeas & hand cooked corn chips	
<b>Fried Tofu (VG/GF)</b>	<b>£6.50</b>
With sweet chilli dip and broccoli	
<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 & hot sauce	
<b>Tex Mex (V/GF)</b>	<b>£7.50</b>
With jalapeno, tomato, onion, avocado crema & American cheese sauce	

## Salads

Main £7.50 / Side £5.00

<b>House (VG/GF)</b>	
Broccoli, 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	

(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>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>Spicy 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>
Roasted mushroom, onion, pimento, broccoli, 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 rice noodles	

## Sandwiches

<b>Served on a Cuban bread bun with classic fries and Memphis coleslaw.</b>	
<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>ROAST CHICKEN</b>	<b>£9.25</b>
Roasted chicken, fried onion, pimento, mayonnaise, fresh parsley and mixed greens.	

## Add-Ons

<b>Add these to your Loaded Fries, Salad, or Big Bowl.</b>	
Add Jackfruit Patties (2 each) (VG/GF)	<b>£3.00</b>
Add Falafel (2 each)	<b>£3.00</b>
Add Garlic Prawns (6 each) (GF)	<b>£5.00</b>
Add Roasted Chicken (GF)	<b>£3.50</b>
Add Jerk Chicken (GF)	<b>£3.50</b>

## 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	
<b>Go 'bunless' with any burger (GF)</b>	
Drop the bun & classic fries & we'll make you a protein-rich burger bowl with boiled rice, avocado crema, broccoli, pimento, Memphis coleslaw, tomato, onion, iceberg lettuce, fried chickpeas, mixed seeds & remoulade	

## 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	



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## 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>

## 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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