

MODERN LIFE CAFÉ

MENU



Allergen advice: Although it is not possible to guarantee the absence of allergens in our products due to the way our food is prepared, please speak to your server to discuss allergens and dietary options, including gluten free.

Morning Pastries


All Butter Croissant, Tiptree Strawberry Jam	£2.20
Hazelnut & Chocolate Croissant	£2.95
Pain Au Raisin	£2.20

Savoury Pastries


Pork and Apple Sausage Roll	£3.50
Vegan Sausage Roll 	£3.50



Soup

Soup Of The Day 	£3.35
Home-baked Focaccia 	£2.50

Toasted Sourdough

Suffolk Ham, Smoked Cheddar & Dijon Mustard	£7.25
Baked Field Mushroom & Binham Blue Cheese	£7.25
Chicken Breast, Stokes BBQ Sauce & Mozzarella	£7.50
Sweet Potato Falafel, Spinach, Avocado, Chipotle Mayonnaise 	£6.75
Mozzarella, Basil Pesto & Stokes Onion Marmalade	£7.50

Salad Bowls

Main
£8.50

Side
£5.00

Plum & Sun Blushed Tomatoes, Cucumber, Feta Cheese,
Red Onion, Fresh Basil

Baby Potatoes, Green Beans, Black Olives, Virgin Rapeseed Oil 

Carrot Ribbons, Cumin Seeds, Chickpea, Rocket, Maple Dressing 

Beetroot, Greek Yoghurt, Garlic, Cinnamon, Parsley, Virgin Rapeseed Oil 




Mains

Sumac Marinated Norfolk Chicken Breast, Sourdough Croutons,
Cos Lettuce, Anchovies, Parmesan & Lemon Dressing £12.75

Slow Cooked Duck Leg, Roasted Sweet Potato, Fine Beans,
Hoisin & Plum Sauce £15.00

Baked Cod Fillet, Smoked Bacon, Savoy Cabbage, Carrot,
White Wine & Thyme Cream Sauce £15.00

Roasted Broccoli, Spinach, Green & Black Olives, Parmesan,
Tomato & Basil Gnocchi  £13.50

Children's Menu

Under 12's

Pizza

£5.50

Orange or Apple Juice

Margherita or Pepperoni Pizza Twist

Picnic Box

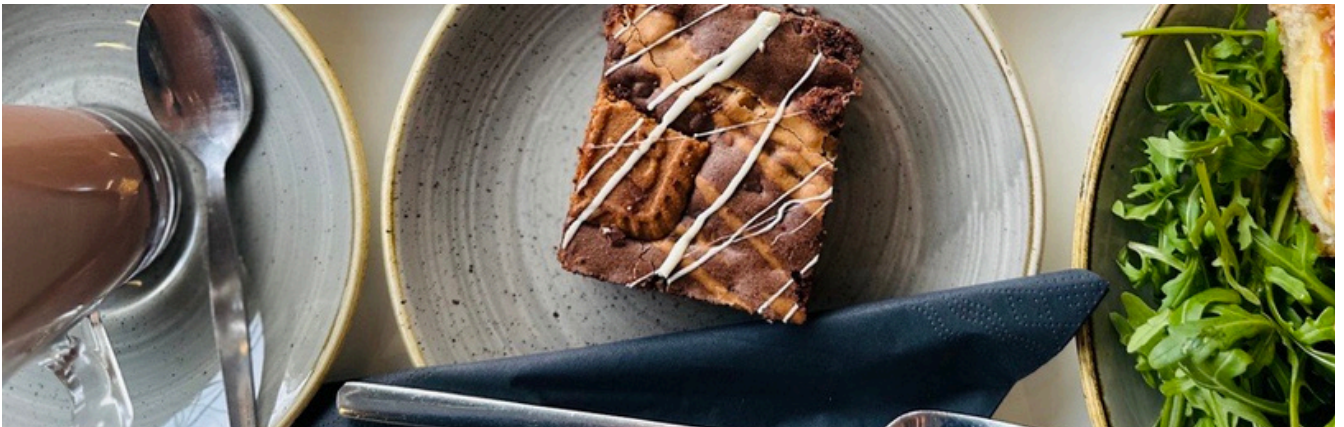
£4.50

Orange or Apple Juice

Cheese, Jam or Ham Sandwich

Mini Cheddars

Whole Fruit



Home-Baked Cakes

Norfolk Stout and Chocolate Cake

£4.25

Dark 'n' Stormy Fruit Cake

£3.90

Gluten Free Cinnamon Spiced Toffee Banana Cake

£4.25

Coconut Chocolate Truffle Brownie Slice 

£3.25

Traybakes & Cookies

Salted Caramel Brownie

£2.50

Orange Marmalade Flapjack 

£2.40

Pear and Vanilla Tart Tatin

£4.00

Scones

Fruit Scone, Tiptree Strawberry Jam, Butter

£3.80

Binham Blue Cheese Scone, Butter

£3.90

Children's Menu

Under 12's

Pizza

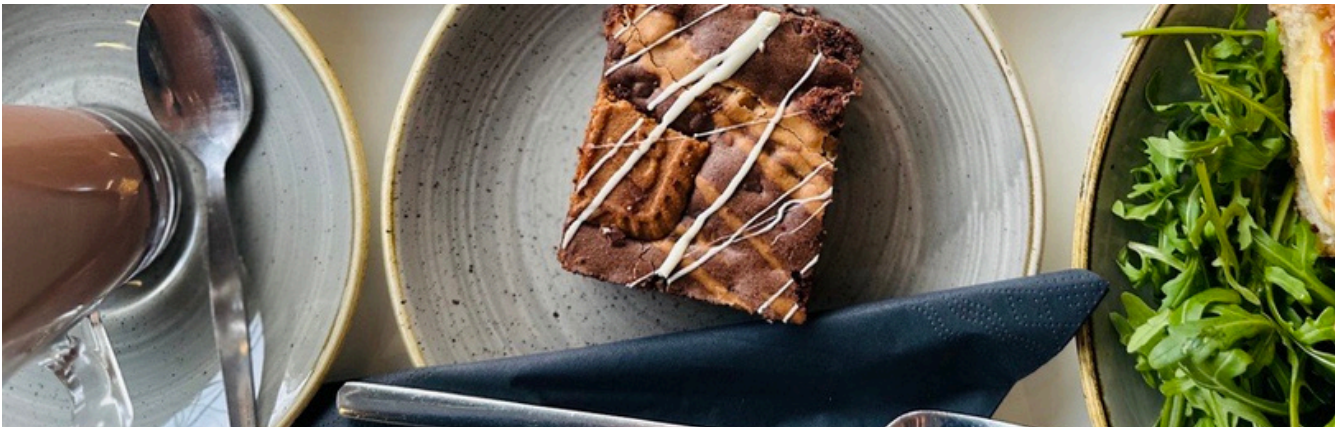
£5.50

Orange or Apple Juice
Margherita or Pepperoni Pizza Twist

Picnic Box

£4.50

Orange or Apple Juice
Cheese, Jam or Ham Sandwich
Mini Cheddars
Whole Fruit



Home-Baked Cakes

Date & Coffee Swiss Buttercream £4.25
Sticky Banana Caramel (GF) £3.90
Oreo Cookie & Cream £4.25

Traybakes & Cookies

Gingernut Spiced Brownie £2.50
Blackcurrant Jam & Coconut Flapjack  £2.40
Cranberry Chocolate Truffle Brownie Slice  £3.25
Old Fashioned Treacle Tart £4.00

Scones

Fruit Scone, Tiptree Strawberry Jam, Butter £3.80
Binham Blue Cheese Scone, Butter £3.90

Sparkling

125ml

Bottle

Adnams Prosecco DOC

£5.30

£30.80

Italy Fresh with crisp, ripe pear flavours. A joyous glassful of fizz.



White

175ml

250ml

Bottle

Adnams Sauvignon Blanc

£5.50

£7.70

£22.65

France This racy dry which has all the fresh, lively gooseberry flavours typical of this grape variety.

Adnams Chardonnay

£5.50

£7.70

£22.65

Chile Intense notes of pear, pineapple and acacia flowers. Medium body with outstanding notes of exotic fruit in the finish.

Adnams Pinot Grigio

£5.70

£8.00

£23.75

Italy Crisp and refreshing with zippy citrus fruit flavours.

Rosé

175ml 250ml Bottle

Adnams Pinot Grigio

£5.70 £8.00 £23.75

Italy Refreshingly elegant aromas with intense notes of acacia flowers. Dry, soft and well-balanced.



Red

Adnams Shiraz

£5.50 £7.70 £22.65

Australia Characteristic savoury aromas and brooding dark fruit on the palate.

Adnams Malbec

£5.50 £7.70 £22.65

Argentina Bright and juicy flavours with a real fruit concentration and refreshing finish.

Adnams Pinot Noir

£5.70 £8.00 £23.75

France Clear ruby red in colour, morello cherry aromas and marinated fruits with gentle tannins.

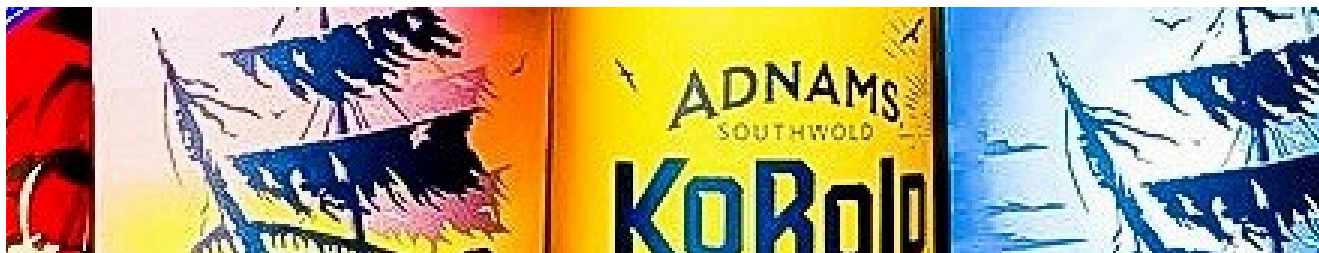
Drinks

Regular

Large

Local Beer and Cyder

Adnams Kobold English Lager 4.7%	£5.45	
Adnams Ghost Ship 4.5%	£5.45	
Adnams Ghost Ship 0.5%	£5.10	
Adnams Wild Wave Cider 5.0%	£4.90	



Chilled Drinks

Mineral Water	Still & Sparkling	£2.10	£2.90
San Pellegrino	Aranciata Rosso & Limonata	£2.30	
Coca Cola		£2.80	
Diet Coke		£2.80	
Aqua Libre Cucumber		£2.85	
Breckland Orchard	Cloudy Lemonade, Elderflower, Ginger Beer with Chilli, Plum & Cherry, Strawberry & Rhubarb	£3.50	
Copella Apple Juice		£2.40	
Innocent Orange Juice		£3.50	
Red Bull		£2.00	

Hot Drinks

Espresso		£1.90	£2.00
Macchiato		£1.80	£2.20
Americano		£2.00	£2.20
Caffé Latte		£2.20	£2.30
Cappucino		£2.20	£2.30
Flat White		£2.10	
Mocha		£2.60	£2.80
Luxury Coconut Mocha		£3.50	
Hot Chocolate		£3.00	
Fresh Mint Tea		£3.50	
Orange Spiced Tea		£3.50	
Loose Tea	English Breakfast, Sapphire Earl Grey, Organic Lapsong Souchong, Dragonwell Green, Citrus Camomile, Persian Pomegranate, Spicy Rooibos	£1.90	£3.60

We're cashless!

Please note we only accept card and contactless payments in this outlet.

Scan the QR code for app purchases (works with international cards).

Apple



Android



Venue Hire

The Modern Life Cafe is a magnificent setting to host corporate events, group visits, weddings, location filming, studio workshops and more.

If you are interested in booking with us for an event, please contact us on mlc.reservations@uea.ac.uk, or call on 01603 592474



We would love to hear your feedback.
Scan the QR code or visit the link below.

<https://bit.ly/2XPaSJ7>

