

# 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.

# Try something different...

## **Fresh Mint Tea** £3.90

Fresh mint leaves, fresh ginger, lemon, honey

## **Orange Spiced Tea** £3.90

Fresh orange, cloves, cranberries lemon & ginger tea, cinnamon, honey

## **British Apple Tea** £3.90

Fresh apples, cranberries, rosemary, honey

## **Golden Milk** £3.70

Coconut milk, turmeric, cinnamon, cayenne pepper, honey



# 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  
£9.00

Side  
£5.50

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

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

Wild Rice, Edamame, Sweetcorn, Red Pepper, Garlic & Thyme 

Red Cabbage, Carrot, Apple, Celery, Dill, Tahini Dressing 



## Mains

Sumac Marinated Norfolk Chicken Breast, Sourdough Croutons,  
Cos Lettuce, Anchovies, Parmesan & Lemon Dressing £13.00

Norfolk Cumberland Sausages, Chorizo, Tomato, Vegetable &  
Cannellini Bean Cassoulet £14.50

Baked Coley, Tenderstem Broccoli, Baby Potatoes, Sugar Snap  
Peas, Sesame, Chilli, Peanut Butter Sauce £14.50

Teriyaki Tofu, Edamame Beans, Peppers, Baby Corn, Red  
Onion, Brown Rice  £13.00

## Sundays

Sumac Marinated Norfolk Chicken Breast, Sourdough Croutons,  
Cos Lettuce, Anchovies, Parmesan & Lemon Dressing £13.00

Roasted Loin of Suffolk Pork, Thyme Roasted Potatoes, Roast  
Root Vegetables, Cabbage, Green Beans, Apple Sauce £14.50

Butternut, Kale & Apricot Nut Roast, Thyme Roasted Potatoes,  
Roast Root Vegetables, Cabbage, Green Beans £14.50

# 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

Passionfruit, Lemon & Coconut Swiss Buttercream

£4.25

First-Of-The-Season Raspberry & White Chocolate Fudge

£4.59

Jamaican Spiced Banana Cake

£4.00

Belgian Chocolate Vegan Brownie Slice 

£3.50

## Traybakes & Cookies

Triple Chocolate Oreo Cookie Brownie

£2.50

Sour Berry Jam Flapjack 

£2.40

No-Nut Bakewell Tart

£2.50

## Scones

Fruit Scone, Tiptree Strawberry Jam, Butter

£3.80

Binham Blue Cheese Scone, Butter

£3.90

# Sparkling

125ml

Bottle

## Adnams Prosecco DOC

£5.30

£30.00

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



# White

175ml

250ml

Bottle

## Adnams Sauvignon Blanc

£6.00

£8.40

£25.00

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

## Adnams Chardonnay

£6.30

£8.80

£26.15

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

## Adnams Pinot Grigio

£5.80

£8.20

£24.15

**Italy** Crisp and refreshing with zippy citrus fruit flavours.

# Rosé

175ml 250ml Bottle

## Adnams Pinot Grigio

£5.80 £8.20 £24.15

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



# Red

## Adnams Shiraz

£6.30 £8.80 £26.00

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

## Adnams Malbec

£6.30 £8.80 £26.15

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

## Adnams Merlot

£6.00 £8.40 £25.00

**France** This very elegant wine is well balanced, with round body.

# 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 Tea	Fresh Mint, Orange Spiced, British Apple	£3.90	
Golden Milk		£3.70	
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](mailto: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>

