



A warm and welcoming space designed for the whole family to connect, play and recharge



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Rise and Shine Play Cafe
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FOR THE GROWN-UPS



Classic brunch plates with a modern twist. Everything you need to ease you into the day while the little ones play...

BREAKFAST

Rise and Shine Brekkie Bun

£8.95

Fresh brioche bun stacked with Dingley Dell sausage and bacon, and a fried egg - a hearty handheld start to your day

Rise and Shine Veggie Bun (V)

£8.95

Fresh brioche bun filled with creamy avocado, grilled halloumi, and a fried egg
Add 2 rashers of Dingley Dell bacon +£3.25

Poached or Scrambled (V)

£6.95

Scrambled or poached eggs layered on buttered toasted sourdough
Add bacon +£3.25

Add grilled halloumi and avocado smash +£3.25

Glow Bowl (GF, Ve**)

£8.95

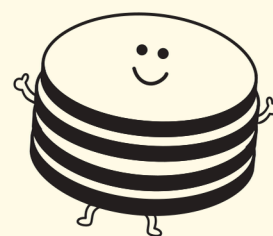
Our homemade granola served with creamy Fenn Farm yoghurt, fresh berries and a drizzle of agave syrup

Eggs Avo (V)

£9.95

Smashed avocado on toasted sourdough topped with two poached eggs and chilli flakes

Add bacon £3.25



RISE & SHINE SHARE BOARDS

Our share boards pair familiar favourites for one grown-up and one little one to share, encouraging connection and confident eating

The Brunch Board

£18.95

Scrambled eggs, maple glazed mini butcher's sausages, creamy avocado sourdough soldiers, mushrooms, crudites and hummus

The Sunshine Board

£16.95

Fluffy buttermilk pancakes, French toast fingers dusted with cocoa, creamy Fen Farm yoghurt, served with fresh fruit and agave syrup



PANCAKES

Sunrise Stack (V, GF**)

£12.95

Warm buttermilk pancakes served with creamy Fen Farm yoghurt, fresh berries and agave syrup

Maple & Bacon Stack (GF**)

£14.95

Warm buttermilk pancakes served with Dingley Dell bacon, maple syrup and blueberries

Add scrambled eggs +£2.50

FOCCACIA

Chicken & Bacon

£12.95

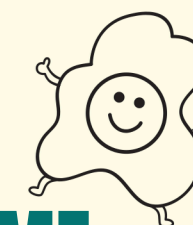
Grilled chicken, Dingley Dell Bacon, creamy avocado, fresh tomato and crisp mixed leaves, served in a toasted focaccia sandwich

The Caprese (V)

£11.95

An Italian classic. Fresh mozzarella, sliced tomatoes and basil leaves layered in a lightly toasted focaccia sandwich

HEARTY AND WHOLESOME



Burrata Toast (V)

£8.95

Toasted sourdough layered with creamy burrata, sweet potato, hot honey and chilli flakes

Buddha Bowl (V, GF, Ve**)

£8.95

A nourishing bowl of quinoa, crunchy kale, roasted sweet potato, feta and avocado

Add grilled chicken +£4.00

Add 2 poached eggs +£2.50

Hot Honey Halloumi & Mushrooms (V, GF**)

£11.95

Grilled halloumi, flat mushrooms and avocado smash layered on toasted sourdough topped with a poached egg & a drizzle of hot honey

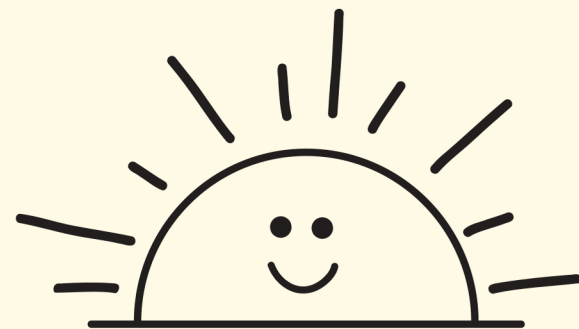
Allergens & Intolerances

If you have any allergies or intolerances, or would like more information about our ingredients, please ask a member of our team.

Dietary

(V) Vegetarian
(Ve) Vegan
(GF) Gluten Free

(Ve**) Can be made Vegan
(GF**) Can be made Gluten Free



FOR OUR LITTLE RISERS

Soft bites, familiar flavours and all-round wholesomeness for your little ones to explore

BREAKFAST

Mini Brekkie Bun £4.95
Mini soft brioche bun stacked with mini local sausages and a fried egg

Mini Veggie Bun (V) £4.95
Mini soft brioche bun filled with creamy avocado, grilled halloumi, and a fried egg

Mini Porridge Bowl (GF, V, Ve)** £4.45
Creamy porridge oats served with banana slices or fresh berries

Mini Sunrise Stack (V, GF)** £4.95
Warm fluffy pancakes served with creamy Fenn Farm or coconut yoghurt, fresh berries and agave syrup

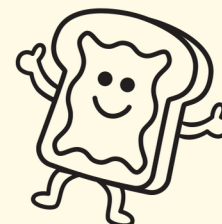
Scrambled eggs (V) £4.95
Creamy scrambled eggs layered on buttered toasted sourdough

GROWN-UP FLAVOURS

The Little Grazer (V, Ve) £4.95
Foccacia fingers, cucumber sticks, cherry tomatoes, avocado smash and hummus for dipping. Great for little ones that like to graze!

Pesto Penne (V) £5.95
Penne pasta tossed in a smooth, tasty basil pesto sauce. Simple, comforting and just the right size for little hands.

Avocado on Toast (Ve) £4.95
Smashed avocado on buttered toasted sourdough. Great for little ones that prefer soft bites



LITTLE BITES & TREATS

Toast (V) £2.95
Buttered and toasted sourdough

Jam on Toast (V) £3.50
Mini pot of tiptree strawberry jam and a slice of lightly toasted sourdough

Cakes & bakes £2.50- £4.25
Please check our cake counter for today's options

Panache Ice Cream (waffle cones also available to take away!) £3.50
Choose from: Vanilla
Chocolate
Strawberry
Salted Caramel
Banoffee
Vanilla (Vegan)

DRINKS COFFEE BAR



PLOT Roasting exceptional single origin coffee

	Regular	Large
Espresso	£2.20	£3.10
Americano	£3.00	£3.90
Cortado	£3.10	
Macchiato	£3.10	
Flat White	£3.55	
Latte	£3.95	£4.25
Cappuccino	£3.95	£4.25
Mocha	£4.50	
Matcha	£4.25	
Hot Chocolate Melt	£3.95	£4.45
Made with flakes of real chocolate from Bury St Edmunds White or Milk Chocolate		
Add marshmallows	30p	
Iced Latte	£4.00	
Iced Matcha	£4.00	
Syrup shot	35p	
Vanilla, Caramel or Hazelnut		

MILK OPTIONS

Choose from cows milk (whole or semi skimmed) or oat milk



SOFT DRINKS

Still Water	£2.50
Sparkling Water	£2.50
Folkingtons Juices Orange, Mango, Cloudy Apple	£3.25
Cawstons press sparkling Elderflower, cloudy lemonade, rhubarb	£3.00
Karma Cola/Sugar free Cola	£3.00
Iced Sparkling Coolers Dragonfruit & Mango or Strawberry, Cucumber & Basil	£3.50
Milkshake (Shaken Udder) Raspberry, Vanilla, Chocolate	£3.50

TEAS

Teasup Sudbury Teas £3.00
Breakfast blend, Earl Grey, Peppermint, White tea & mango, Lemongrass & ginger

FOR THE LITTLE ONES

Cawston's Press Fruit Water	£2.00
Babyccino	50p
Hot Chocolate Melt Add marshmallows +30p	£3.50
Milkshake (Shaken Udder) Raspberry, Vanilla, Chocolate	£3.50