



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



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riseandshineplaycafe

## FOR THE GROWN-UPS



Classic brunch plates with a modern twist. Inspired by local produce, fresh flavours and everything you need to ease you into the day while the little ones play...

## WARMING CLASSICS

### Rise and Shine Brekkie Bun £8.95

Fresh brioche bun stacked with local sausage, Dingley Dell 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 - a wholesome vegetarian twist

### Morning Glow Bowl (GF, Ve\*\*) £8.95

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

### Porridge Bowl (V, GF, Ve\*\*) £6.95

Served with fresh raspberries and a drizzle of white chocolate

### Sunrise Stack (V, GF\*\*) £12.95

Warm fluffy pancakes served with coconut yoghurt, fresh berries and agave syrup



## MINI & MIGHTY SHARE BOARDS

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

### Rise and Shine Brunch Board £18.95

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

### Good Morning Sunshine Stack (V) £16.95

Fluffy buttermilk pancakes, pear and chocolate French toast fingers, creamy Fenn Farm yoghurt, fresh fruit and agave syrup



## HEARTY & WHOLESOME

### Tomato and Burrata Bruschetta (V, Ve\*\*) £8.45

Lightly toasted sourdough layered with fresh cherry tomatoes, creamy burrata and fresh basil

### Buddha Bowl (V, GF, Ve\*\*) £8.50

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

Add grilled chicken + £2.00

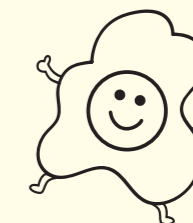
### Chicken Caesar Flatbread £12.95

Chicken and crispy bacon bites layered on dressed leaves, caramelised onion, Grana Padano and Caesar dressing served on a warm flatbread

### Sweet Potato Flatbread (Ve\*\*) £12.95

Roasted sweet potato, caramelised onion, whipped feta and hot honey served on a warm flatbread

## EGGS & MORE



### Scrambled (V) £6.95

Creamy scrambled eggs layered on buttered toasted sourdough

### Eggs Avo (V, Ve\*\*) £8.95

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

### Eggs Benni

Lightly toasted sourdough topped with 2 poached eggs, silky hollandaise and your choice of:

### Chapel & Swan locally smoked salmon £12.95

### Dingley Dell Sliced Ham £11.95

### Grilled Flat Mushrooms (V, Ve\*\*) £10.95

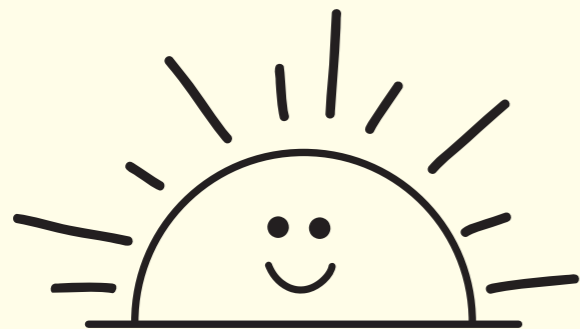
### ALLERGENS & INTOLERANCES

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

## MINI CLASSICS

**Mini Rise and Shine Brekkie Bun** £4.95  
Fresh brioche bun stacked with local sausage and a fried egg - a hearty handheld start to your day

**Mini Rise and Shine Veggie Bun (V)** £4.95  
Fresh brioche bun filled with creamy avocado, grilled halloumi, and a fried egg - a wholesome vegetarian twist

**Mini Glow Bowl (V, GF, Ve\*\*)** £4.45  
Our homemade granola (crumbed for little mouths) served with creamy Fenn Farm yoghurt or coconut yoghurt, fresh berries and a drizzle of agave syrup

**Mini Porridge Bowl (GF, V, Ve\*\*)** £4.45  
Creamy porridge oats served with banana slices or summer berry compote

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

## LIGHT BITES

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

**Avocado on Toast (V)** £4.95  
Smashed avocado on buttered toasted sourdough

**Jam on Toast (V)** £3.50  
Tiptree strawberry jam on one slice of lightly toasted sourdough



## GROWN-UP FLAVOURS

**The Little Grazer (V, Ve\*\*)** £4.95  
Focaccia sticks, cucumber sticks, grated carrot, whipped feta and hummus for dipping

**Mini Buddha Bowl (V, Ve\*\*)** £5.95  
A nourishing bowl of quinoa, crunchy kale, roasted sweet potato, feta and avocado

*Add grilled chicken + £2.00*

**Mini Chicken Flatbread** £5.50  
Chicken layered on dressed leaves, mayo, grated carrot and served on a warm flatbread

**Mini Sweet Potato Flatbread (V, Ve\*\*)** £5.50  
Roasted sweet potato on dressed leaves, topped with whipped feta, agave syrup and served on a warm flatbread

## DRINKS

### COFFEE BAR



PLOT Roasting exceptional single origin coffee

**Espresso** Regular £2.20 / Large £3.10

**Americano** £3.00 / £3.90

**Cortado** £3.10

**Macchiato** £3.10

**Flat White** £3.50

**Latte** £3.95/ £4.25

**Cappuccino** £3.95 / £4.25

**Mocha** £4.50

**Matcha** £4.00

**Hot Chocolate Melt** £3.95 / £4.45  
Made with flakes of real chocolate from Bury St Edmunds  
*White, Milk or Ruby*

**Add cream & marshmallows** 40p

**Iced Latte** £3.95/ £4.25

**Iced Matcha** £4.00/£4.45

**Syrup shot** 35p  
*Vanilla or Caramel or Hazelnut*

### MILK ALTERNATIVES

**Prefer a different milk?**  
Just ask — we're happy to offer a range of alternatives



## SOFT DRINKS

**Still Water** £2.00

**Sparkling Water** £2.00

**Barn Farm Local Juices** £3.00  
Apple and strawberry, Orange or Apple

**Barn Farm Local Pressé** £3.25  
Elderflower, Lemonade or Strawberry and Cucumber

**Karma Cola/Diet Cola** £3.00

## TEAS

**Teasup Sudbury speciality** £3.00  
**Teas and Infusions**  
Breakfast blend, Peppermint, White tea & mango, Lemongrass & ginger

## FOR OUR LITTLE RISERS

**Cawston's Press Fruit Water** £2.00

**Babyccino** 50p

**Hot Chocolate Melt** £2.50  
*White, Milk or Ruby*

**Add cream & marshmallows** 40p