

Farm to Fork & Fish

Deli & Grocery Produce
All goods subject to availability.

Cheeses - a wide selection from Norfolk and the UK plus Continental specialities
(not all varieties are held all the time.) Also guest cheeses and specials.

*** *Cheese wedding cakes can be ordered* ***

Norfolk:

Binham Blue - Mrs Temple's best known blue cow's milk cheese

Smoked Norfolk Dapple - made by Elly Betts, a tasty hard cow's milk cheese

Norfolk Mardler - from Sam Steggles, tasty goat's milk in striking Norwich City colours

St Swithans (plus lavender & apricot) - soft cow's milk cheese from Nortons Farm

White Lady - Jane Murray's ewe's milk soft creamy cheese

UK:

Channel Island Brie - soft and creamy from Somerset

Cornish Yarg - light, firm textured cow's milk wrapped in nettles

Quickes Mature Cheddar - rounded full flavoured cloth bound cheddar

Clawson's Stilton - creamy Melton Mowbray signature cheese

Black Bomber - Cheddar type with black rind from Wales

Capricorn Coats Cheese - Somerset goat's milk soft and creamy

Shropshire Blue - blue veined, full flavoured, red cow's milk cheese

Applewood's smoked cheddar - Ilchester smoked cow's milk cheese

Red Leicester - Sparkenhoe traditional cloth bound, matured

Oglesfield - light semi soft Jersey milk, rind washed

Martell's Single Gloucester - milk from the traditional Gloucester cows

Sharpham Rustic - semi soft Devonshire cows milk with chives and garlic

Ragstone - Herefordshire soft goat's milk log

Continental:

Roquefort - Vieux Berger - king of the French cheese blue veined ewe's milk

Parmigiano Reggiano 30mths - classic parmesan

Brie de Meau - lush creamy cheese from Normandy

Cambozola - creamy blue veined cheese from Germany

Valdeon Picos Blue - cows milk wrapped in chestnut leaves from N Spain

Comte - French mountain cheese, sweet, deep flavour

Old Amsterdam - matured dutch cows milk, deep colour with milk crystals

Gruyere Premier Cru - 15mths Swiss mountain - World Champion 3 times

Feta - Greek, good with salads

Mozzarella - buffalo milk balls in packs

Vacherin Mont d'Or - gooey French cheese eaten warm in season

Membrillo paste

Large selection of cheese biscuits from The Fine Cheese Co.

Farm house butter

From the Kitchen:

Pork Pies	
Pasties	Scotch eggs
Sausage rolls	Quiche
Lamb, beef & chicken pies	Smoked salmon & mackerel roulade
Chicken liver parfait	Soup
Woodlands pate	Salad bowl
Terrine	Ready meals - large changing selection
Suet pudding	Tempting puddings
Turnovers	Chocolate brownie
Fresh sandwiches	Cakes

From the Fruit & Veg Barrow:

When available local seasonal produce such as:

Strawberries	Apples eating & cooking
Raspberries	Tomatoes
Asparagus	Herbs
Potatoes	Peppers
Parsnips	Butternut squash
Garlic	Courgettes
Chillies	Cucumbers
Cabbages	Beetroot
Mushrooms	Lettuce & leaves
Limes	Leeks
Lemons	Celery
Onions & spring onions, red onions	Ginger
Cauliflowers	Bananas
Calabrese	Clementines
Pears	Oranges
Turnips	Grapes
Avocados	Swede
Cranberries	Daffodils !

Examples from the Fishmongers Slab:

Delivered daily from the North Norfolk Coast and beyond:

All fish subject to availability and season, specials not shown

Cromer crabs	Crevettes
Norfolk lobsters	Tiger prawns
Brancaster mussels	Brown shrimps
Brancaster oysters	Pealed & unpeeled Prawns
Trout	Green lipped mussels
Skate	Cockles
Dabs	Whelks
Cod	Smoked sprats
Salmon	Smoked & peppered mackerel
Dover & lemon Sole	Smoked and hot smoked salmon
Tuna	Crab sticks
Mackerel	Sword fish
Herring	Halibut

Plaice
Sea bass
Turbot
Whiting
Calamari

Hake
Red mullet
Rock salmon
Anchovies

Oven ready fish or ready to eat fish includes:

Salmon en croute	Tuna kebabs
Whole dressed salmon	Cod thermador
Fish roulade	Rollmops
Home made fish cakes	Smoked cod roe
Fish pie mix	Smoked mackerel pate

Groceries:

Milk, cream & butter from Norton's dairy plus crème fraiche from Marybell
Artisan breads - several varieties from Pye Bakery
Dessert range from Pots & Co including Sticky Toffee Pudding, Lemon Posset and Cheesecake
Fruits, nuts and glace fruit from The Walnut Tree
Selection of olives, balsamic onions, semi-dried tomatoes
Artichoke hearts, stuffed peppers
Charcuterie
Marmalade jam & local honey
Pickles from Jubberwacky, Tracklements, Atkins & Potts
Norfolk Ice Creams - Lakenham Creamery
Drinks - Local apple juice, water, coke, fruit juices
Ooh! Chocolata Chocolates, Norfolk fudge, cookies & jelly babies
Pasta sauces, cooking sauces, stocks
Crisps & condiments
Rice, pastas, pulses & pestos
Oils - rapeseed & olive oils, vinegars
BBQ rubs & shakers and stuffings from Old Spots

And lots more as we find exciting new products to tempt the taste buds!