



THE MAIN
EVENT

★ Menu ★

TO KICK OFF

GYM NACHOS

Tortilla chips served with salsa, cheese, guacamole, sour cream & jalapeños.

Small £3.90 - Large £6.50 Add Chili for £1.50

BUFFALO WINGS

Tender chicken wings tossed in BBQ sauce & served with a choice of dips

£4.90

BBQ RIBS

Suffolk pork ribs marinated in our BBQ sauce & cooked until tender

£4.90

GARLIC MUSHROOMS

Crispy coated shrooms served with a choice of dips.

£3.90

SOUTHERN FRIED CHICKEN DIPPERS

Succulent chicken strips coated with herbs & spices, served with a selection of dips

£4.50

TRY A SHARING PLATTER

with any 3 of the above for just

£13.50

GYM BURGER

Our homemade Suffolk prime beef patty, served in a soft white bun with rustic chips or curly fries, slaw & rabbit food.

£7.90

Extras: Double Burger £2 / Cheddar Cheese 50p / Bacon £1 / Chili £1.50

SUFFOLK PORK & APPLE BURGER

Locally sourced swine patty made to our own recipe, served with apple sauce in a soft white bun, rustic chips or curly fries, slaw & healthy stuff on the side.

£7.90

Extras: Double Burger £2 / Cheddar Cheese 50p / Bacon £1 / Chili £1.50

MOROCCAN LAMB BURGER

Made exclusively for us using tender lamb cuts, served with mint yoghurt sauce in a soft white bun, rustic chips or curly fries, slaw & side salad that you'll know doubt leave but it dresses the plate nicely anyway.

£7.90

Extras: Double Burger £2 / Cheddar Cheese 50p / Blue Cheese 70p

VENISON BURGER

Stunning Suffolk venison formed into a delicious patty by our butcher, in a soft white bun, served with rustic chips or curly fries, slaw & that healthy stuff on the side again.

£8.90

Extras: Double Burger £2.50 / Cheddar Cheese 50p / Blue Cheese 70p

CHICKEN BREAST BURGER

(free range) Bird in a bun, chargrilled & served straight up with rustic chips or curly fries & slaw as before. (Yes, a small side salad too, chosen eat it's good for you).

£7.90

Extras: Double Breast £2 / Cheddar Cheese 50p / Bacon £1

CHILLI CON CARNE

Our own homemade prime beef chilli served on a bed of rice with a dollop of sour cream & tortilla chips.

£7.50

SCAMPI & CHIPS

A pub grub classic, breaded scampi, served with pest pois, rustic chips a wedge of lemon & tartare sauce.

£7.50

BBQ GYM RIBS

Pork ribs marinated in BBQ sauce, cooked until tender & finished on a chargill, served with slaw, rustic chips, or curly fries.

£10.90

HUNTERS CHICKEN

Chargrilled free range chicken breast topped with BBQ sauce, cheddar cheese & bacon, served with slaw, rustic chips or curly fries.

£7.50

ON THE SIDELINE

Rustic Chips £2.20

Cheesy Chips £2.90

Dreads Rings £3.50

Curly Fries £2.50

EXTRA TIME

Alabama hot chocolate
fudge cake with ice
cream £4.50

Bramley apple pie with
ice cream £4.50

