

## Salads

£7.95

Served 9am-3pm daily

Crisp, fresh salad served with homemade slaw, hand cooked crisps and half a crusty baguette.

### Choose from:

Ham	Chicken Mayo
Coronation Chicken	Prawn and Seafood Dressing
Tuna	Cheese
Vegan Cheese	

## Ploughman's

£7.95

Served 9am-3pm daily

### Classic Ploughman's

Locally sourced British ham, cheddar, pickled onions, salad and Branston Pickle™ served with a crusty baguette.

Check out the blackboard for our dessert specials

## Cakes & Scones

Served 9am-3.45pm daily

Please take a look at today's selection of freshly made cakes.

Homemade Cake from £3.45

Homemade Cheese, Fruit or Plain Scone £3.45

Toasted Teacake & Homemade Jam £3.45

Cream Tea £5.95

Treat yourself to a pot of tea and one of our ever popular scones accompanied by homemade jam and clotted cream.



## Cold Drinks

Served 9am-3.45pm daily

Duluxe Milkshake £3.95

We have a wide range of bottled drinks available

Still Water	Bottlegreen™ - Elderflower
Sparkling Water	Pomegranate & Elderflower
Orange Juice	Appletiser™
Apple Juice	Raspberry Lemonade
Coke™	
Coke Zero™	
Diet Coke™	
Sprite™	Fruit Shoot™
Fanta™	

## Hot Drinks

Served 9am-3.45pm daily

Here at EmZo we only use the best, all our hot drinks are Fairtrade and Rainforest Alliance Certified.

Pot of Tea for One £3.95 Pot of Tea for Two £4.95

Please choose from one of the following teas and milks available:

Camomile	Oat milk
Cranberry and Raspberry	Soya milk
Green Tea	Almond milk
Peppermint	Skimmed milk
Earl Grey	Semi Skimmed milk
Red Bush	
Breakfast	
Decaffeinated	

Americano	£2.95
Flat White	£2.95
Cappuccino	£2.95
Cafe Latte	£2.95
White Americano	£2.95
Espresso	£2.95
Mocha	£3.45

Hot Chocolate	£3.45
Luxury Hot Chocolate	£3.95

Warm hot chocolate served with fresh whipped cream, marshmallows and chocolate dusting.

Why not try one of our syrups?  
Hazelnut  
Caramel  
Vanilla  
Irish  
75p  
Extra

If you would like to know about specific statutory allergens, please ask a member of staff to refer to the allergen information guide.

Please bear in mind that due to the way we prepare food, it is possible other allergens may also be present.

Vegan recipes - although the recipes for these products are suitable for vegans, please be aware that they are prepared in an area where food that is not suitable for vegans is also handled.



Here at EmZo we aim to cater for every need, including Vegetarian, Vegan and Gluten Free.

We offer a wide choice of locally sourced, freshly made food and drink.

Our menu is guaranteed to offer fresh and tasty food all year round.

TAKEAWAY AVAILABLE

EmZo Café, Station Road, Cotton, Stowmarket  
Suffolk, IP14 4NQ  
01449 782061  
cafe@emzo.co.uk

## Breakfast

Served 9am-3pm

Free range eggs are used for all our brunches, choose from fried, poached or scrambled.

### Small Brunch

£7.45

1 rasher of back bacon, 1 local pork sausage, 1 egg, Heinz™ Baked Beans and mushrooms, served with 1 slice of toast.

### Large Brunch

£8.95

2 rashers of back bacon, 2 local sausages, 2 eggs, Heinz™ Baked Beans and mushrooms, served with 2 slices of toast.

### Small Vegetarian Brunch

£7.45

1 meat free sausage, Heinz™ Baked Beans, mushrooms, 1 egg served with 1 slice of toast.

### Small Vegan Brunch

£7.45

1 meat free sausage, Heinz™ Baked Beans, mushrooms, grilled or tinned tomato, served with 2 slices of toast.

Go large on a vegetarian or vegan brunch for an extra £1.45

Add a little extra ...  
Sausage £1.45  
Rasher of Back Bacon £1.45  
Egg £1.45  
Heinz™ Baked Beans £1.45  
Mushrooms £1.45  
Grilled Tomato £1.45  
Hash Brown £1.45

### Toast with Local Jam or Marmalade

£3.95

2 slices of toast served with your choice of jam or marmalade.

### Egg on Toast

£4.95

2 slices of toast served with 2 eggs scrambled, poached or fried.

### Beans on Toast

£4.95

2 slices of toast served with a generous portion of Heinz™ Baked Beans.

## Sandwiches & Baguettes

Served 9am-3pm daily

Sandwiches £5.95 Baguette £6.95

All of our sandwiches and baguettes are made fresh to order with a choice of white or granary bread, served with homemade slaw and a side salad. *Gluten free option available*

Choose one filling and as many salad and sauce choices as you like.

### Filling

Bacon  
Sausage  
Ham  
Chicken  
Tuna  
Prawn  
Cheese  
Vegan cheese  
Egg  
Brie  
Coleslaw

### Salad

Lettuce  
Cucumber  
Tomato  
Onion  
Sweetcorn  
Pepper

### Sauce

Heinz™ Ketchup  
HP™ Brown Sauce  
Mayonnaise  
Salad Cream  
English Mustard  
Coronation  
Seafood  
Cranberry  
Red Onion Relish  
Branston Pickle™  
Chutney  
Sweet Chilli

Add an extra filling for £1.45

## Toasted Sandwiches & Paninis

Served 9am-3pm daily

Toasted Sandwich £5.95 Panini £6.95

All of our toasted Sandwiches and Paninis are made fresh to order with a choice of white or granary bread, served with hand cooked crisps and a side salad. *Gluten free option available.*

Choose one filling and as many salad and sauce choices as you like.

### Filling

Bacon  
Sausage  
Ham  
Chicken  
Tuna  
Prawn  
Cheese  
Vegan cheese  
Egg  
Brie  
Coleslaw

### Salad

Lettuce  
Cucumber  
Tomato  
Onion  
Sweetcorn  
Pepper

### Sauce

Heinz™ Ketchup  
HP™ Brown Sauce  
Mayonnaise  
Salad Cream  
English Mustard  
Coronation  
Seafood  
Cranberry  
Red Onion Relish  
Branston Pickle™  
Chutney  
Sweet Chilli

Add an extra filling for £1.45

## Hot Food

Served 9am-3pm daily

### Ham, Egg and Chips

£8.95

2 slices of locally sourced British ham and a free range egg, served with a portion of skin on fries.

### Sweet Chilli Chicken

£8.95

Sticky sweet chilli chicken served with fluffy rice and a side salad.

### Chilli Beef

£8.95

Homemade chilli beef served with fluffy rice and a side salad.

### Homemade Soup

£5.95

Homemade soup served with a choice of cream & croutons and half a crusty baguette. *Gluten free option available.*

### Vegan Chilli

£8.95

Homemade chilli served with fluffy rice and a side salad.

### Skin on Fries

£2.95

## Jacket Potatoes

Served 9am-3pm daily

Fluffy jacket potato served with a generous choice of fillings and side salad.

One Filling £7.95 Two Fillings £8.95

Cheese	Ham	Homemade Slaw
Vegan Cheese	Tuna Mayo & Sweetcorn	Prawn & Seafood Dressing
Vegan Chilli	Chilli Beef	Coronation Chicken
Tuna Mayo	Heinz™ Baked Beans	Chicken Mayo
Back Bacon		

Add a little extra ...  
Skin On Fries £2.95  
Heinz™ Baked Beans £1.45  
Homemade Slaw £1.95  
Baguette £1.95  
Bread and Butter £1.95