

Café Benjamin

Sir Benjamin Wrench (1665-1747)

Sir Benjamin Wrench was an eminent Norwich physician who practiced in his spacious Elizabethan house for sixty years. Earlier the house was the residence of Mayor Robert Craske (1632) and Mayor William Barnham (1652). The house stood on the site to the south of the tavern 'Hole in the Wall', where the Little Cockey (stream) ran into the old Pottergate (now modern Bedford Street). It boasted a courtyard overlooked by two handsome bays.

Later the house became the 'New Lobster Inn' and was demolished in 1825 to make way for the new Corn Exchange which abutted the new Exchange Street.

Jarrold's acquired the site in 1964 to make way for extensions to the Department Store, including the area now occupied by Café Benjamin.



BREAKFAST MUFFINS

SERVED ALL DAY

1. **SCRAMBLED EGG** ✓ **£4.95**
Toasted muffin topped with lightly scrambled free range egg
2. **SCRAMBLED EGG AND BACON** **£5.95**
Toasted muffin topped with lightly scrambled free range egg and grilled back bacon
3. **SCRAMBLED EGG AND SMOKED SALMON** **£6.50**
Toasted muffin topped with lightly scrambled free range egg and Highland smoked salmon
4. **EGGS BENEDICT** **£6.50**
Poached eggs with Norfolk ham on a toasted muffin glazed with hollandaise sauce
5. **JARROLD RAREBIT** ✓ **£6.50**
Made with Norfolk ale, cheddar cheese and Worcestershire sauce on toasted bloomer

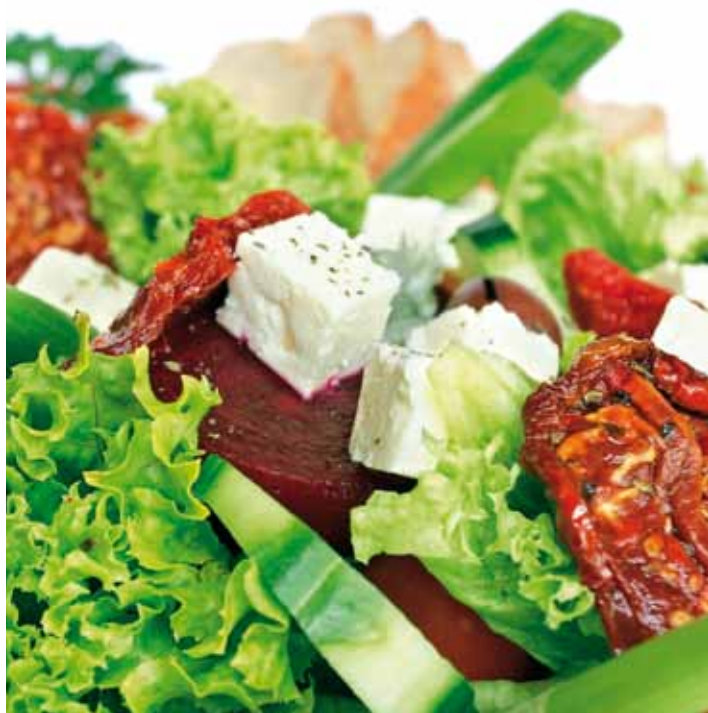
SCONES & PASTRIES

6. **DANISH PASTRIES** **£1.85**
See our selection
7. **MORNING BUN** **£1.40**
Freshly baked by our Chefs every day
8. **THE JARROLD SCONE** **£1.65**
Cheese scone with butter
Fruit scone with butter
Jam portion 25p extra
10. **TOASTED TEACAKE** **£2.40**
Served with butter
11. **WARM CROISSANT** **£1.70**
Served with butter and jam
12. **SELECTION OF GATEAUX & PASTRIES** **FROM £3.10**
Served with cream
13. **NORFOLK CREAM TEA** **£6.25**
Two fruit scones, jam and clotted cream served with tea or cafetière for one
14. **NORFOLK SAVOURY CREAM TEA** **£6.25**
Two cheese scones with cream cheese and home made chutney served with tea or cafetière for one
15. **AFTERNOON TEAS** **£12.50**
Served Monday to Friday from 2.30pm until 4.00pm
A fine selection of freshly made sandwiches, home made scones and pastries with your choice of tea

STARTERS AND LIGHT LUNCHES

SERVED FROM 11.00AM

16. **BENJAMINS HOME MADE SOUP V G** £4.30
Made fresh every day using the best locally sourced ingredients, our soups are gluten free and served with freshly baked bread; a gluten free roll is available on request
17. **THE FAMOUS CLUB** £6.50
Char-grilled Heveningham chicken breast with bacon, crisp lettuce and wholegrain mustard mayonnaise in the toasted bread of your choice
18. **BREAD AND OLIVES V** £3.75
A bowl of olives selected from our deli served with your choice of fresh bread and dipping oil
19. **BENJAMIN'S NICOISE G** £7.50
Our take on the classic, smoked tuna on mixed leaves with green beans, free range egg, olives and citrus dressing
20. **NORFOLK CHICKEN ROULADE G** £6.95
Norfolk chicken with pesto, pine nuts and red pepper, mixed leaves, roast cherry tomato, parsnip crisps
21. **MOZZARELLA, SUN BLUSHED TOMATO SALAD V** £6.25
Italian mozzarella, sun blushed tomato, mixed leaves, croutons and citrus dressing
22. **NEW POTATOES OR POTATO WEDGES V** £2.95
23. **MIXED SALAD V** £2.95





MAIN COURSES

SERVED WITH A CHOICE OF NEW POTATOES,
POTATO WEDGES OR SALAD WITH FRESHLY
BAKED BREAD

24. **CHAR-GRILLED CHICKEN FILLET G** £8.25
Norfolk chicken fillet served with mixed leaves,
bacon and our home made grape chutney
25. **POACHED HIGHLAND SALMON G** £9.50
Highland salmon fillet with honey, soy, spring onion
and toasted sesame seeds, served on stir-fried rice
noodles
26. **BAKED STUFFED PEPPERS V** £8.95
Baked peppers filled with couscous, mushrooms,
roasted cherry tomato and an apricot and lemon
dressing
27. **WHOLE TAIL SCOTTISH SCAMPI** £8.25
Whole tail Scottish scampi served with mixed
leaves and tartare sauce
28. **SLOW ROASTED PORK** £9.25
Slow roasted shoulder of caramelised pork, roasted
vegetables, pumpkin seeds and rocket
29. **VEGETABLE RICE NOODLES V G** £7.95
Crispy stir fried vegetables with green Thai
spices and rice noodles

DAILY CHEF'S SPECIAL

See our board for details

TEA & COFFEE

30. **FILTER COFFEE** SMALL £1.70 LARGE £2.25
Our own organic and ethical Honduran blend
31. **AMERICANO** SMALL £2 LARGE £2.50
Smooth black coffee
32. **CAFÉTIÈRE** **£2.30**
Speciality coffee
33. **ESPRESSO** **£1.70**
Rich, intense and black
34. **ESPRESSO MACHIATTO** **£1.75**
Espresso with a dash of frothed milk
35. **CAPPUCCINO** SMALL £2.20 LARGE £2.55
Espresso topped with steamed and frothed milk
36. **CAFFÈ LATTE** **£2.55**
Smooth and creamy steamed milk with espresso
37. **LATTE MACHIATTO** **£2.55**
Smooth and creamy steamed milk layered with espresso
38. **MOCHA** **£2.55** CREAM £2.80
Blend of espresso, frothed milk and hot chocolate
39. **HOT CHOCOLATE** **£2.50** CREAM £2.80
Creamy, rich and smooth
40. **SELECTION OF TEAS** **£1.55**
Earl Grey, Assam, Ceylon, Darjeeling, English Breakfast and a selection of Fruit Teas

COLD DRINKS

41. **MINERAL WATER** **£1.50**
Sparkling or still
42. **SOFT DRINKS** **£1.85**
Sprite, Fanta, Coke, Diet Coke or Appletiser
43. **ELDERFLOWER PRESSÉ** **£2.25**
44. **FRUIT JUICES** **£2.20**
Orange, grapefruit, apple, pineapple or cranberry
45. **MILKSHAKES** **£2.95**
Strawberry, chocolate or vanilla

SMOOTHIES

46. **BERRY-GO-ROUND** £3.25
Strawberry, raspberry and blackberry
47. **PASH 'N' SHOOT** £3.25
Passion fruit, pineapple and mango
48. **MELON ELIXIR** £3.25
Melon, strawberry and mango

BEERS

SERVED CHILLED

49. **ADNAMS BITTER** £3.25
A beautiful copper-coloured beer 500ml
50. **ADNAMS EXPLORER** £3.25
A contemporary blonde beer, light and fruity 500ml
51. **BITBURGER** £3.10
Germany's best selling premium beer 330ml

CIDERS

FROM SUFFOLK

52. **ASPALL** £3.10
Draught Cyder 330ml
53. **ASPALL** £3.25
Perronelle's Blush Cyder 500ml

WINES

BUY 2 LARGE GLASSES OF WINE AND GET
THE REST OF THE BOTTLE FREE!

54. **LES BASTIONS BLANC COTES DE ST MONT
PRODUCTEURS PLAIMONT FRANCE**
Fruity and floral dry white with herby characteristics
55. **DR. L REISLING, LOOSEN BROTHERS, MOSEL,
GERMANY**
Apples and elderflower with hints of peach/apricot
56. **CHATEAU CRECY BORDEAUX ROUGE, FRANCE**
Soft blackcurrant fruit with an earthy finish
57. **ROSADO, BODEGAS PRINEROS, SOMONTANO,
SPAIN**
A blend of Merlot and Cabernet

Glass £3.25
Large glass £4.25
Bottle £11.50

Café Benjamin



All dishes are prepared using the highest quality local produce. Please ask if you would prefer no dressing on your salad. We will serve your meal as quickly as possible. All products may contain a trace of nuts, fish may contain bones, please ask for further advice. G = Gluten Free. V = Vegetarian