

||| Eatout Norfolk

your mini-guide to eating out in Norfolk!



Issue 22 - Winter 2019

bolton's bistro cromer.
everyone's welcome



discover a world of tastes



Explore our Fresh Fish Dishes
Tempting Cromer Crab and Local Lobster
Succulent Meat Dishes and Local Steaks
Fascinating Pasta Dishes
Delicious Vegetarian and Vegan Dishes
Desserts to die for.....
Daily Specials - Seasonal Menus - Tempting Choices
Extensive Wine List - Real Ales
Children's Menu Available



Locally sourced produce is always our aim We cater for special dietary requirements

Discover the delights of The Westcliff A la Carte Restaurant perfectly situated so that it overlooks the sea. Designed by the renowned architect 'Skipper', this grand Edwardian dining room has its own Minstrels' Gallery, marble fireplace and spectacular stained glass windows and doors.

Bolton's Bistro, Runton Road, Cromer NR27 9AS
01263 512543 email – reservations@cliftonvillehotel.co.uk

@boltonsbistro - boltonsbistrocromer

Find us at the Cliftonville Hotel - Cromer's longest established independently owned hotel

Introduction

As autumn passes the baton to winter, we can find ourselves slowing down. The colder weather may keep us indoors, yet a nature walk can be just the thing to beat the winter blues. Norfolk may be flat but that means people of all ages can enjoy our countryside. With so many nature reserves and coastal and public footpaths, there's surely a walk for every day of the year.

Norfolk is also home to artisan food and beverage producers and talented chefs, inspired by timeless landscapes and villages, traditional farming and fishing, and locally grown produce. With greater public awareness of climate change and wildlife extinction, the demand for sustainable food systems is on the rise. Norfolk chefs delight in creating a slow food experience for customers, so in this edition of our guide, you can read about why slow food matters.

On our favourite topic of food, Christmas is coming, and the heat is on. Deciding what to serve for your festive feast can be challenging if your guests have different taste preferences or dietary requirements. If you're eating out, no worries. But if you're looking for new ideas for home cooking, going nuts this Christmas may not be such a crazy idea.

If you have a special occasion or business meeting coming up, you can find a choice of venues across Norfolk in this mini-guide. Our *Eat Out Norfolk* website has more information to help you. You can also keep up with events and special offers and share your feedback and photos by connecting with us on *Facebook* or *Twitter*.

I hope you enjoy browsing through this winter edition of *Eat Out Norfolk* and planning your winter walk. Whether you choose the coast, the countryside or the fine city of Norwich for your ramble, there's an eatery to welcome you – walking boots, rosy-cheeked children, thirsty dogs and all. Cheers!

Rosie

Please could you mention our guide when making a reservation with any of the featured establishments.

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Magazine produced by:
Creative Beat Marketing and Design
Tel: 01263 738899
www.creativebeatmarketing.co.uk

Printed by Barnwell Print, Aylsham
Tel: 01263 732767
www.barnwellprint.co.uk



WORLD LAND TRUST™
www.carbonbalancedpaper.com
Barnwell Print Reg. No. 2102
CBP001655

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Mini Directory

Broadland

The Crown Inn *Catfield*
An unspoilt traditional village pub in a Broadland village. Real ales and home cooked food, we also have 2 self catering holiday cottages.
The Street, Catfield, Great Yarmouth NR29 5AA
t: 01692 580128

The Dog Inn *Ludham*
We are proud to offer the best family dining experience on the Broads. A great range of locally sourced and freshly prepared meals, with some superb feature ales.
Ludham, Great Yarmouth NR29 5NY
t: 01692 630321

The Fox *Hevingham*
A 17th century, family friendly coaching inn offering quality home made dishes and real ales; using where possible the best local and seasonal produce.
Cromer Road, Hevingham NR10 5LY
t: 01603 755362

The Fox *Lyng*
Serious about food and drink, The Fox features a wide range of Real Ales and fine wines, together with a tasty menu formed from the best local produce.
The Street, Lyng NR9 5AL
t: 01603 872316

Gate of India *Aylsham*
Fully Licensed Restaurant & Takeaway specialising in: Vegetarian - Tandoori - Balti and all sorts of Curry Dishes.
14 Market Place, Aylsham NR11 6EH
t: 01263 734743

The Hainford Chequers *Hainford*
The Chequers at Hainford is a lovely seventeenth century, thatched cottage eatery and bar set in the heart of the rustic Norfolk countryside.
10 Stratton Road, Norwich NR10 3AY
t: 01603 891657

The Horse & Groom *Tunstead*
A traditional village pub serving homemade meals and real ales, we are dog friendly and situated close to the stunning Norfolk Broads and nearby villages of Wroxham, Coltishall and North Walsham.
Market Street, Tunstead, Norwich NR12 8AH
t: 01603 737555

The Hour Glass *Sculthorpe*
A contemporary open plan restaurant which opens daily for both lunch and dinner, offering traditional cuisine with the odd modern twist.
The Street, Sculthorpe, Fakenham NR21 9QD
t: 01328 856744

The Kings Head *Coltishall*
Owned by Kevin and Sue Gardner, The Kings Head a 17th century Inn, is situated on the banks of the River Bure in the heart of the Norfolk Broads.
Coltishall Common, Wroxham Road NR12 7EA
t: 01603 737426

The New Forge *Aylsham*
The large restaurant area is popular with families, groups and couples seven days a week and the feature bar is stocked with real ales, beers, wines and spirits.
Norwich Road, Aylsham, NR11 6UD
t: 01603 737531

The Norfolk Mead *Coltishall*
A tranquil country house hotel with lots of individual touches and an attentive, but never intrusive, service.
Church Loke, Coltishall NR12 7DN
t: 01603 737531

The Rampant Horse *Freethorpe*
A beautiful village freehouse offering quality home cooked food, fine ales, wines, spirits and soft drinks in a relaxed atmosphere with attentive staff.
2 Chapelfield, Freethorpe NR13 3LY
t: 01493 700103

The River Kitchen *Hoveton*
In the heart of the Norfolk Broads making delicious food is our passion. We use only the freshest, seasonal ingredients to create meals and treats for you to enjoy.
Riverside Road, Hoveton, Wroxham NR12 8UD
t: 01603 926560

Salhouse Lodge *Salhouse*
In the picturesque village of Salhouse, our 120 year old country pub boasts single and double en-suite rooms within 7 acres of beautiful gardens.
Vicarage Road, Salhouse, Norwich NR13 6HD
t: 01603 782828

The Sole & Heel *Rackheath*
A family run pub/restaurant serving home cooked food based on a grill menu with seasonal specials and locally sourced ingredients. Live music and regular events.
Salhouse Road, Rackheath, Norwich NR13 6QH
t: 01603 720146

The White Horse Inn *Neatishead*
We have a range of drinks driven by quality rather than quantity. We believe in sourcing the best possible produce to offer choice and value for money.
The Street, Neatishead NR12 8AD
t: 01692 630828

Wayfarers Cafe *Ludham*
A gem on the Broads, in a picturesque location, with seating beside the River Ant. Offering hot and cold food, including full English breakfasts, lunches and evening meals.
The Broads, Ludham Bridge, Norwich Road, Ludham NR29 5NX
t: 01692 630238

Great Yarmouth

The Boathouse *Ormesby St. Michael*
Open 7 days per week serving fine local pub food and gastro specials. Lovingly restored in 2014 to blend with the natural landscape, a real treasure.
Ormesby Broad, Eels Foot Road, Ormesby St Michael NR29 3LP
t: 01493 730342

Filby Bridge *Filby*
Overlooking Filby & Little Ormesby Broad, a superb a la Carte restaurant with a wide range of fresh fish & steak dishes. Lunches and coffees served.
Main Road, Filby NR29 3AA
t: 01493 368142

Jay Jay's Café *Gorleston*
At the heart of the community, this friendly venue and unique location provides a relaxing haven, and always something new on the special board making meals to remember
14-18 Marine Parade, Gorleston-on-Sea, Great Yarmouth NR31 6BT
t: 01493 657001

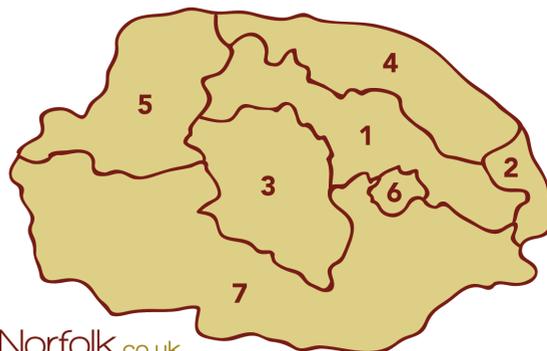
Jolly Farmers *Ormesby St Margaret*
Mark and his team would like to welcome you to the Jolly Farmers. A traditional, old fashioned English Pub which serves a wide range of ales and beers.
10 West Road, Ormesby St Margaret, Great Yarmouth NR29 3RP
t: 01493 730471

Lion Inn *Thurne*
Welcome to The Lion at Thurne, gin palace and real ale Mecca on the Norfolk Broads. We allow dogs in all of the bar areas all of the time but not in our restaurant area.
The Street, Thurne NR29 3AP
t: 01692 671806

Reedham Ferry Inn *Reedham*
Regardless of whether it's lunch or supper, our seasonal menus, well-kept local ales and extraordinary atmosphere are yours to enjoy. We recommend booking!
The Broads, Ferry Road, Reedham NR13 3HA
t: 01493 700429

The Waterside *Rollesby*
Our fabulous dining experience is complemented by a range of fun things to see and do with a putting green, wildlife hide and seasonal boating/fishing available.
Main Road, Rollesby NR29 5EF
t: 01493 740531

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 EatoutNorfolk.co.uk
MAP OF NORFOLK EATERY AREAS



Mid-Norfolk

The Lodge *North Tuddenham*

An ideal destination to enjoy a fabulous lunch or evening meal. Relax in our friendly environment and indulge yourself with a meal from our quality menu.

Main Road, North Tuddenham NR20 3DJ
t: 01362 638466

The World's End *Mulbarton*

A real local pub, serving delicious, home cooked food that will tantalize your taste buds, from snacks, and starters to homemade meals. You rest assured of a warm welcome.

Norwich Road, Mulbarton NR14 8JT
t: 01508 570205

Steak in the Stix *Cawston*

Steak in the Stix is a new steakhouse brasserie dedicated to showcasing Norfolk's finest produce. Ingredient-led, our menu is a journey of East Anglia's finest ingredients.

Buxton Road, Cawston, NR10 4HA
t: 01603 879729

North Norfolk

The Chequers Inn *Thornham*

Appreciate a half quart of genuine brew and a bar supper by the crackling flame, or try the a la carte menu with day by day changing specials in the stylish dining area.

High Street Thornham PE36 6LY
t: 01485 512229

Cliftonville Hotel *Cromer*

With an enviable reputation as one of North Norfolk's leading hotels, we have Bolton's Bistro, Westcliff A La Carte Restaurant and all day Buttery Bar and Coffee shop.

Seafont, Runton Road, Cromer NR27 9AS
t: 01263 512543

Constantia Cottage Restaurant *East Runton*

We are celebrating 37 years serving customers in North Norfolk, offering a mixture of music and moussaka.

The High Street, East Runton, Cromer NR27 9NX
t: 01263 512017

Crawfish Inn *Thursford*

A Victorian red-brick pub is an unlikely setting for a genuine Thai restaurant, but Siropas Rangphet and his wife have turned it into a special eating house.

Holt Road, Thursford NR21 0BJ
t: 01328 878313

Dales Country House *Upper Sheringham*

Our 2 AA rosetted restaurant is named after the local lords of the manor who would certainly have been welcome guests at The Dales in its heyday as a private house.

Lodge Hill, Upper Sheringham NR26 8TJ
t: 01263 824555

The Gallow *Fakenham*

Offering a range of sport activities and also food and drink to enjoy throughout the day. A function room is also available for parties, weddings and other events.

Hempton Road, Fakenham NR21 7NY
t: 01328 862867

The Greyhound Inn *Hickling*

A traditional village pub in the heart of picturesque Hickling. The Greyhound boasts a roaring open fire and a sheltered smoking area for the winter.

The Green, Hickling, Norwich, NR12 0YA
t: 01692 598306

The Grove *Cromer*

Our en-suite rooms in the beautiful Georgian house, contemporary Orchard Rooms and six self-catering bungalows ensure we have something for everybody.

95 Overstrand, Cromer, Norfolk NR27 0DJ
t: 01263 512412

The Feathers Hotel *Holt*

Our friendly staff will look after you. Relax and enjoy the comfort of our lounge, bar, a la Carte restaurant or the Gresham suite. The Hotel has 15 en-suite bedrooms.

6 Market Place, Holt NR25 6BW
t: 01263 712318

The Goat Inn *Skeyton*

A family run establishment with very pleasant staff and a team of chefs in the kitchen who produce local, homemade, cooked to order, fresh and delicious food.

Long Road, Skeyton NR10 5DH
t: 01692 538600

The Lifeboat Inn *Thornham*

Whether you're popping in for a swift pint of local ale, stopping by for a family meal or wanting to stay with us for a night or more, we guarantee a very warm welcome.

Ship Lane, Thornham PE36 6LT
t: 01485 512236

The Links Country Park Hotel *West Runton*

Proudly independent and well known for its imaginative menus, "The Links" is considered by many to be the best golf, leisure and conference hotel in North Norfolk.

West Runton, Cromer, Norfolk NR27 9QH
t: 01263 838383



the goat inn SKEYTON

The Goat Inn is a charming, rural, thatched 16th century Coaching Inn with original beamed ceilings in all our cosy restaurants and bar areas, a wood burner and a garden room extension.

We are approximately 2 miles from Coltishall, 4 miles from North Walsham, Wroxham and Aylsham and 10 miles from the city of Norwich.

We are open for food every day and all day on Sundays, booking is advisable.

The outside area boasts 7 acres with a large lawned garden and a childrens play area, including swings, slide and climbing frame.



Christmas Menus 2019

Our delicious festive menus are available from the 1st - 24 December

Lunch and Dinner

2 course £17.95

3 course £23.95

New Year's Eve

Disco and Karaoke

9pm - 1pm

Full menu served.

Free entry.

see our website for details

Tel: 01692 538600 goatinn@btconnect.com www.skeytongoatinn.co.uk

The Plough Inn *Marsham*
Our restaurant is bright and busy during the day and cosy and candlelit in the evening. Our menu offers a selection of traditional favourites and interesting specials.
Old Norwich Road, Marsham, Aylsham, NR10 5PS
t: 01263 735000

No. 1 *Cromer*
As well as our Fish and Chips Restaurant, we are proud to announce the opening of 'Upstairs at No1', for true Modern British Cooking and offering unrivalled sea views.
1 New Street, Cromer NR27 9HP
t: 01263 515983

The Red Hart *Bodham*
Offering classic and delicious locally sourced seasonal food, our menu points to our freshness and simplicity with the best local ingredients prepared with style.
The Street, Bodham, Holt NR25 6AD
t: 01263 588270

The Saracens Head *Wolterton*
Well known for its delicious style of cooking, using the best local produce, it sits in the middle of Norfolk fields, sheltered from the humdrum of everyday life.
Wall Road, Wolterton, Erpingham NR11 7LZ
t: 01263 768909

Taste of India *Holt*
Tandoori restaurant and takeaway. Open seven days a week 12 noon to 2.30pm and 6pm - 11.30pm. 10% discount on all takeaway orders.
31 Bull Street, Holt NR25 6HP
t: 01263 711484

The Sea Marge *Overstrand*
The Clement Scott bar is the hub of the Sea Marge, sitting under a vaulted timber roof with the stunning minstrels' gallery running along two sides.
16 High Street, Overstrand NR27 0AB
t: 01263 579579

The Three Horseshoes *Briston*
Our menus change a little every day, and almost entirely every week, to accommodate the kitchen team's inspiration and desire to try out new flavours.
West End, Briston, Melton Constable NR24 2HY
t: 01263 862312

Thornham Deli *Thornham*
Focusing on locally-grown and sourced artisan produce, Thornham Deli showcases the very best that Norfolk has to offer in the Deli café.
High Street, Thornham PE36 6LX
t: 01485 512194

The Walpole Arms *Itteringham*
Our chefs prepare an innovative and exciting menu from other local high quality producers. We have won the coveted Michelin Bib Gourmand Prize ten years in a row.
The Common, Itteringham, Norwich NR11 7AR
t: 01263 587258

Walsingham Café *Great Walsingham*
One of the best cafés in North Norfolk, serving award winning pies, savoury tartlets, sweet tarts and cakes. Special menu on blackboard, open for Sunday lunches.
Great Walsingham Barns, Great Walsingham NR22 6DR
t: 01328 822255

The White Horse *Overstrand*
We are a great choice for your stay in North Norfolk. The eight stylish en-suite rooms, are well-equipped and comfortable and we offer a quality dining experience.
34 High Street, Overstrand, Cromer NR27 0AB
t: 01263 579237

North-West Norfolk

Congham Hall Hotel *Grimston*
Congham Hall, is an elegant Georgian manor and is one of the finest country house hotels in Norfolk with an award-winning restaurant
Grimston, King's Lynn PE32 1AH
t: 01485 600250

The Fountain Sports Bar *Heacham*
With stunning views over the golf course and fishing lake why not sit back and enjoy our dog friendly veranda for a relaxing meal or traditional Sunday carvery.
Searles Leisure Resort, South Beach, Hunstanton, PE36 5BB
t: 01485 536010

Heacham Manor *Heacham*
Undoubtedly one of the most relaxing hotels on the Hunstanton coastline, the Hotel offers sumptuous accommodation and mouth-watering food and drink.
Heacham Manor Estate, Hunstanton Road, Heacham PE31 7JX
t: 01485 536030

The King William IV Country Inn and Restaurant *Sedgeford*
Award-winning Country Inn serving quality, local food including daily specials, A la Carte, vegetarian and children's dishes. Luxury en suite rooms.
Heacham Road, Sedgeford, Hunstanton PE36 5LU
t: 01485 571765



FESTIVE MENU

Celebrate Christmas by enjoying a festive meal with your friends, family or work colleagues in the Mulberry Restaurant. Choose from three courses plus tea, coffee and warmed mince pies.

AVAILABLE THROUGHOUT DECEMBER

£20.95 | **£25.95**
TWO COURSES | THREE COURSES

FESTIVE AFTERNOON TEA

Celebrate Christmas by enjoying a sumptuous Afternoon Tea, with festive finger sandwiches, luxurious sweet desserts and a glass of Mulled Wine in the Mulberry Restaurant.

AVAILABLE THROUGHOUT DECEMBER

£19.95
PER PERSON

Call 01485 536030 to book your table. www.heacham-manor.co.uk

HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX

Open every evening to all!
T: 01485 536002

The Fountain
Eat • Drink • Watch
Sports Bar

The Fountain Festive Menu 2019

Roasted Butternut Squash Soup with Crusty Bread (GF, DF)
Classic Prawn Cocktail with Marie Rose Sauce (GF)
Chicken Liver Pate with Chutney & Crusty Bread (GF)

Slow Roasted Topside of Beef with Yorkshire Pudding
Roast Turkey with Pigs in Blankets & Stuffing
Roasted Salmon with Prawn and Dill Sauce
Brie, Mushroom and Cranberry Parcel
All the above served with traditional roast garnish.

Sticky Toffee Pudding with Vanilla Ice Cream (GF)
Christmas Pudding with Brandy Custard (GF available)
Chocolate Tart with Chocolate Pencil & Berry Compote (GF)
Fresh Fruit Salad (GF/DF)

Coffee & Mints

£5.00 Non-refundable deposit required. Balance due 2 weeks before date booked.

(NB If you have any dietary requirements or allergies please inform one of our team members upon booking, GF bread available with starters and GF garnishes for mains please ask).

Festive Lunch

Available Monday - Saturday 12.00 - 2.30pm throughout December (2nd - 19th)

2 Courses £15.95
Starter & Main or Main & Dessert.
Must be pre booked. Pre-order will be required.

Festive Evening Meals

Available Monday - Thursday 6.00 - 8.30pm throughout December (2nd - 19th)

3 Courses £21.95
Includes tea/coffee and a mince pie.
Must be pre booked. Pre-order will be required.

@FountainSportsBar

The Fountain Sports Bar & Restaurant, Searles Country Park, South Beach Road, Hunstanton, Norfolk PE36 6BB

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The Nelson Country Inn *Burnham Market*
Superb drink, food and accommodation, set in the heart of Burnham Market, on North Norfolk's beautiful coast. All our food is sourced locally by our trusted suppliers.
Creake Road, Burnham Market PE31 8EN
t: 01328 738321

The Three Horseshoes *Roydon*
A small country pub in the heart of the village of Roydon, just a few miles from Kings Lynn and The Sandringham Estate. Serving real ales and traditional home-made pub food!
148 Lynn Road, Roydon, Kings Lynn, Norfolk PE32 1AQ
t: 01485 600666

Norwich

Barnham Broom *Barnham Broom*
Be it a romantic meal for 2, a business meeting, or conference, or you fancy something to revive yourself after a game of golf – we have what you need.
Honingham Road, Barnham Broom NR9 4DD
t: 01603 759393

The Black Swan Inn *Horsham St Faith*
A pleasant and attractive village pub with superb food, service and accommodation, all at reasonable prices. With eight beautifully finished bedrooms.
25 Norwich Road, Horsham St Faith NR10 3HJ
t: 01603 897787

The Bridge Inn *Lenwade*
If you are looking for excellent quality home-cooked food then you have come to the right place. Our Lakes are incredibly popular and make a wonderful day out fishing.
2 Fakenham Road, Lenwade NR9 5SE
t: 01603 872248

Delia's Restaurant & Bar *Norwich*
Warm, friendly service and a relaxed atmosphere makes Delia's Restaurant and Bar in Norwich the perfect choice for celebrating the weekend.
Norwich Football Ground, Carrow Road NR1 1JE
t: 01603 218705

Queen of Hearts *Lenwade*
We are a family friendly pub – as well as our fantastic food we also have a great selection of fine ales, wines and spirit's from the renowned Southwold brewery Adnams.
55 Fakenham Road, Great Witchingham, Lenwade NR9 5AE
t: 01603 871020

Unthank Arms *Norwich*
A traditional Victorian local with a lively bar serving real ales, premium lagers and over 40 wines. An extensive menu with classic dishes and great value daily specials.
Newmarket Street, Norwich NR2 2DR
t: 01603 631557

The Waffle House *Norwich*
We are well known for our hospitable, feel at home atmosphere. Our light and crispy waffles offer the ideal base for a choice of fixings, either flavorful or sweet.
39 St Giles Street, Norwich NR2 1JN
t: 01603 612790

South Norfolk

The Bird In Hand *Wrenningham*
The Bird in Hand is a family run freehouse and restaurant combining all the atmosphere of a traditional British pub with quality food and drink and comfortable surroundings.
Church Road, Wrenningham NR16 1BJ
t: 01508 489438

The Duke's Head *Somerleyton*
Part of the Somerleyton domain, a visit to the Duke means all the warmth of a classic British pub combined with the delectable flavours of modern dining.
Slugs Lane, Somerleyton, Lowestoft NR32 5QR
t: 01502 730281

Elveden Inn *Elveden*
Eleveden Inn is a family friendly Free House, serving wholesome food and providing cozy accommodation.
Brandon Road, Elveden, Thetford IP24 3TP
t: 01842 890876

Elveden Estate *Elveden*
Our AA* Rosette restaurant offers delicious home-cooked food, locally sourced wherever possible.
London Road, Elveden, Thetford IP24 3TQ
t: 01842 898068

Fox and Hounds *Great Moulton*
From our small (but perfectly formed) kitchen comes well-cooked food - from curries to full English breakfasts. A full range of food to suit most palettes.
Frith Way, Great Moulton, Norwich NR15 2HE
t: 01379 677506

The Fritton Arms *Fritton*
Lord and Lady Somerleyton's country pub with rooms. Local ales, great wine, interesting spirits and seasonal menu celebrating estate produce
Church Lane, Fritton, NR31 9HA
t: 01493 484008

The Gull Inn *Framingham Pigot*
This freehouse and restaurant offers a wide range of traditional English and European favourites created from locally sourced produce.
Loddon Rd, Framingham Pigot, Norwich, NR14 7PL
t: 01508 492039



The PLOUGH INN

BAR RESTAURANT & ACCOMMODATION



You will receive a warm welcome at our traditional inn which is located just one mile south of the historic market town of Aylsham and is ideally placed to explore Norwich, the Norfolk Broads and the North Norfolk coast.

The restaurant menu offers a wide selection of traditional favourites and interesting specials all created by our talented head chef and his team.

11 comfortable en-suite rooms.

Restaurant times

Monday - Friday 12pm til 2.30pm; 6pm til 9pm

Saturday 12pm til 9pm; Sunday 12pm til 8pm

Room and table bookings can be made direct at
www.ploughinmarsham.co.uk



Tel: 01263 735000

Email: enquiries@ploughinmarsham.co.uk

10% off food at lunchtimes
Monday - Friday January - April
Please quote #EON

Guinness Arms *Icklingham, Suffolk*
Relax with a drink at the bar and enjoy delicious, locally sourced food, before staying the night in one of the Guinness Arms' individually designed bedrooms.
The Street, Icklingham, Suffolk IP28 6PS
t: 01638 597547

The Kings Head Bawburgh *Bawburgh*
17th century inn with a traditional feel with inglenook fireplaces, woodburners and low beamed ceilings. Fresh food carefully prepared and beautifully cooked.
Harts Lane, Bawburgh, Norwich NR9 3LS
t: 01603 744977

The Necton Windmill *Swaffham*
The Necton Windmill is a traditional family run village pub, incorporating a modern first class restaurant. We offer real ales, lagers, ciders, and an extensive wine list.
15-17 Mill Street, Necton, Swaffham PE37 8EN
t: 01760 722 057

Number 24 *Wymondham*
Number 24 Restaurant is an award winning Restaurant with an enviable reputation for excellent cuisine, relaxed surroundings, fine dining and personal service.
24 Middleton St, Wymondham NR18 0AD
t: 01953 607750

The Swan *Loddon*
A modern pub with an authentic country feel and a warm and welcoming atmosphere. Offering great food, a fantastic selection of ales and lagers and lots more besides.
Church Plain, Loddon NR14 6LX
t: 01508 528039

The Countryman *Tasburgh*
Visit us for a wide range of dining experiences or just pop in for a drink or two, or a game of pool. We offer a variety of fine ales, beers, wines and spirits.
Ipswich Road, Tasburgh NR15 1NS
t: 01508 470946

The Waters Edge *Bramerton*
This restaurant and bar is one of Norfolk's hidden gems, situated on the side of the River Yare with stunning views and natural wildlife.
Woods End, Bramerton, Norwich NR14 7ED
t: 01508 538005

Wheatacre White Lion *Beccles*
Restaurant and free house, with a spacious oak-floored dining area, a log fire and disabled friendly. Offering a selection of real ales and locally sourced produce.
White Lion Road, Wheatacre, Beccles, NR34 0AT
t: 01502 677388



**KINGSHEAD**
coltishall



- Full a la carte menu which is served daily, lunchtimes 12pm - 2pm and 6pm - 8.30pm, plus a set menu for lunch.
- On Sundays, food is served starting at 12 midday - 2pm,
 - B&B – four rooms
- The stretch of river has free moorings for 24 hours on a 'first come' basis.

The King's Head, 26 Wroxham Road, Coltishall, Norfolk NR12 7EA
01603 737426 www.kingsheadcoltishall.co.uk

fine dining in the heart of the Norfolk Broads

Eastern Cash Registers

ECR provides EPOS systems and support across Norfolk, Suffolk, Cambridgeshire, Essex, London and across the UK

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Relax in the award winning, Grade II listed, restaurant where great emphasis is placed on the satisfaction you will experience in enjoying a good meal. Using fresh, locally produced ingredients, each and every meal is meticulously prepared and presented to make your visit a very personal pleasure. Large and small groups can be catered for in a surprisingly spacious old building which has its agreeably intimate spaces.

So whether it's a business lunch, an intimate liaison, a family get-together, a girls or guys night out or just time for a party, your time spent at Number Twenty Four will be memorable for all the right reasons!

Editorial by: Number Twenty Four
Tel: 01953 607750 www.number24.co.uk

Number Twenty Four
Restaurant



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Our pre-Christmas 2-night Bed & Breakfast deals - including Dinner for two on both evenings - will give you time to wind down, choose some gifts in the local shops and savour a glass of mulled wine by the log fire. From just £240, based on two people sharing, it's great value all round.



Planning a party or Christmas away this year? There is a range of sparkling food and room packages available at The King Will. Head Chef, Chris Marshall, has created Menus brimming with yuletide treats, local delicacies, rich flavours and ingenuity. Celebrate New Year's Eve at our 60s-themed jaunt and boogie your way into 2020 in style.

Families and dogs are welcome at our cosy Country Inn, we're close to the beach and some beautiful and historic country walks. We would be delighted to entertain you very soon. Please see website for details and call Nick, Tom or Liz for reservations.

Call now to book on 01485 571765



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“We've had a lovely two-night stay. The food was very good, the staff very pleasant - this place has a lovely ambience. We will definitely return.”

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Go Nuts This Christmas



While roast turkey is the traditional Yuletide dinner for many families, the popularity of plant-based diets means you could be welcoming guests of varying tastes this year. So, if you're ready for a change, why not go nuts this Christmas and serve a nut roast topped with fresh cranberry sauce?

In Christmases past, my family tucked into a Norfolk free-range turkey supplied by a local butcher and cooked to perfection thanks to Delia Smith's Christmas. Years later, when meat was off our menu, Delia stepped in again with recipes for 'Cheese Choux Pastries with Mushrooms in Madeira' and 'Cheese and Parsnip Roulade with Sage and Onion Stuffing'. Vegetarians certainly don't miss out. More recently, with dairy and eggs off my menu, I was looking for another savoury centrepiece.

I've always enjoyed nut loaf and a quick *Google* search revealed this much-maligned dish is making a comeback. Wanting to combine my favourite nuts – pistachios and

hazelnuts - with fresh cranberries, red pepper, red onions, mushrooms and celery, I drew inspiration from Jamie Oliver's Cranberry and Pistachio Nut Roast and *BBC Good Food's* Nut Roast. Drinking Mount Gay rum and sharing the cooking (the more merry cooks, the merrier), I didn't know how my pick n' mix recipe would turn out. The Bosh! recipe for vegan Portobello Mushroom Wellington works a treat too – for Christmas colour, add a layer of baby spinach leaves and fresh cranberries cooked and softened in a little sugar. Experimentation is part of the fun, although a practise run might save on stress!

No need to miss out on dessert or chocolates either. Delia Smith's Christmas pudding and mince pies have been our festive favourites for thirty years. You can make vegan versions by using vegetable suet in the mincemeat, replacing eggs with flaxseed 'eggs' in the pudding and using dairy-free spread and 'milk' in the pastry. I've never been organised enough to bake mince pies on Christmas Eve while listening to the King's College choir sing Christmas carols. Maybe this year, Delia!

For dairy-free chocolate treats to serve with coffee, lightly roast some slivered almonds on a baking tray. Meanwhile, melt some of your favourite dark Belgian chocolate, combine with the roasted almonds and spoon the mixture into petit four cases. These little choc-nut treats really are quite moreish!

Many of the eateries featured in Eat Out Norfolk cater for vegetarian, vegan, dairy-free and gluten-free diets – just ask! Whatever your festive feast, enjoy sharing good food with family and friends. Merry Christmas!



Editorial by: Tracy Brighten www.tracybrighten.com

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The Saracen's Head



The Saracen's Head is an elegant old inn that is hidden away down the lanes of North Norfolk, somewhere in the triangle between, Aylsham, Holt and Cromer. For about 200 years it has stood on the edge of the Wolterton Park, all alone, an inn without a village!

With its 6 bedrooms it is the ideal base camp for those wishing to discover and enjoy this very unspoilt part of the county. Set inland from the coast means that it is easy to head out to any part of it from Brancaster, Blakeney, Cromer and down to Overstrand, Sea Palling in the east, without having to be stuck on the coast road behind the many tourists!

In land you have the Broads to discover and no more than a half hour drive from the Saracens. Take out a boat and be your own captain or sit back and take a guided tour from one of the local boats. Or find one of the lovely cosy village pubs and watch the world cruise past.

Norfolk has many wonderful National Trust country houses that are open to the public all year round, near to the Saracens are Blickling Hall (10mins), Felbrigg Hall (20mins) and Sheringham Park (20mins) as well as many



open gardens, including the Old Vicarage at East Ruston. Norwich is well worth a visit with its medieval castle, two Cathedrals and the Sainsbury centre for visual arts.

Having spent your days roaming around our wonderful county you will be ready to come back and enjoy a

delicious meal at the Saracens. Being in the middle of nowhere and surrounded by farmland you won't be surprised to find that we use the best local produce that is available. Our lamb comes from no further away than Wolterton Park, just the other side of the road whilst our Lincoln Red Beef has grazed on the meadows on the side of the river Bure at Blickling. Crabs and Lobsters are caught off the coast at Overstrand and our absolutely delicious salmon is smoked to perfection at Brancaster Staithe. Vegetables are grown locally and enjoyed in season. In the summer we are supplied with fruits by many local people, Raspberries and Plums from Erpingham, Quinces from Barton Turf, Rhubarb from Fringwood and Apples from our own garden where we also grow herbs for the kitchen and cutting flowers for the restaurant.

From reading our menu that changes by the day you should be able to know which season you are in and where you are in the country! Our main menu runs for both lunch and dinner each day and at lunchtimes we have a short set price menu for you to choose from. Sunday lunch is of course very special and has a choice of Roast Rump of Beef or Loin of Pork as well as fish and vegetarian options. Come and enjoy Norfolk on a plate!

Throughout the winter and early spring we are open from Monday to Saturday evenings and Tuesday to Sunday for lunch.



Christmas Party Menus available in December see website for details



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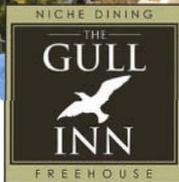
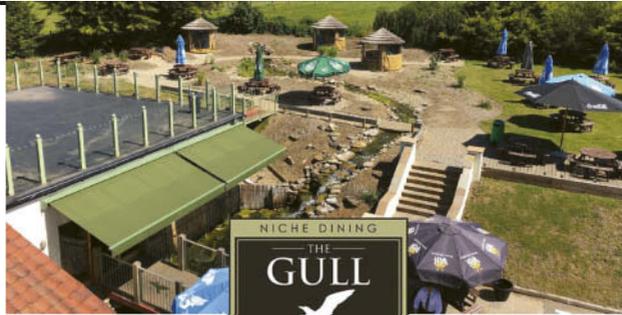
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On warmer days, our covered patio area and our extensive garden offer additional seating for that relaxing outdoor experience, and our refurbished children's play area now has a safety fence and additional play equipment.

Christmas Day and Christmas Party Menus now available

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Exploring Norfolk's Winter Wonderland

Nature walks put a spring in our step

As the evenings draw in and the frost starts to bite, we may find ourselves retreating indoors. The television, computer and mobile phone are irresistible as we look for ways to relax. Of course, there's plenty to entertain us but too much screen time can leave us feeling more stressed. We're also becoming less connected to the natural world, yet research shows that spending time in nature is good for our health.

The Wildlife Trusts and the University of Essex report that nature experiences give us many health benefits. Nature reduces anxiety and stress and improves mood,



Marriotts Way

self-esteem, and attention and concentration. Exposure to nature also increases immunity and can help reduce symptoms of ADHD in children. Such is the importance of nature to wellbeing that Richard Louv, co-founder of the Children & Nature Network, describes it as 'Vitamin N'.

With shorter days and less sunlight, 'winter blues' and even depression can strike but getting outdoors can lift our spirits. Despite the colder temperatures, winter can be the ideal time for a nature adventure and Norfolk the ideal place. While this tranquil county may lack hill-top vistas, Norfolk's wide-open landscapes with moody skies and sublime sunsets can still take your breath away.

Nature can calm the mind. When we take notice of trees, flowers and wildlife, we live in the moment and leave our worries at home. After a wet autumn, woodlands are filled with fascinating fungi, and the low light at this time of year shows nature at its finest.

See squirrels stashing acorns to last them through to spring. See a charm of goldfinches feasting on teasels and waders and wildfowl huddling on mudflats along windswept shores. Early risers can see pink-footed geese leave the Wash in their thousands to head inland for a sugar beet feast. What a sight!

As autumn strips to winter, songbirds are revealed once more, singing out the day from leafless branches. See jackdaws, crows and rooks heading to their roosts, gathering noisily in their thousands if you're lucky. Then, when the sun goes down, see trees make bold shapes against the night sky. Remember to listen out for tawny owls!

Winter may be chilly, but it sets us up for a traveller's rest. What better way to end a winter walk than by sharing stories, photos and food in one of Eat Out Norfolk's pubs, restaurants or hotels. By the coast, in the countryside or in the city, with seafaring history, village charm or modern chic, you'll find a place for every taste.

Wherever you are in Norfolk, there are coastal and countryside paths, nature reserves, beaches, woodland and country estates to explore. Which wonderland walks will you choose this winter?

Marriotts Way

This public path follows the old train track running 25 miles from the pretty market town of Aylsham to the cathedral city of Norwich. Trees, hedgerows and wildflowers line the path on both sides. In winter you can see rabbits, squirrels, deer, songbirds, pheasants and birds of prey.



Snettisham

Editorial by: Tracy Brighten www.tracybrighten.com

Snettisham (RSPB)

Snettisham reserve on the Wash isn't for the faint-hearted, which means you may have the place to yourself. Mudflats stretch as far as the eye can see in this wild, windswept haven for nature. At high tide see thousands of waders close to the shore and at sunrise see thousands of pink-footed geese take to the wing.

Titchwell Marsh (RSPB)

On the northwest coast, Titchwell Marsh nature reserve has woodland, freshwater lagoon, tidal marsh and sandy beach. Shelter in cosy hides to watch avocet's feeding in the shallows or marsh harriers soaring in the distance. Children can see birds up close on seed feeders by the visitor centre.

Strumpshaw Fen (RSPB)

In the floodplains of the River Yare, this peaceful wetland reserve, with trails through woodland, reedbeds, meadowland and waterways, gives you the chance to get away from it all. See deer, otters, woodland birds, marsh harriers, bitterns, wildfowl and waders.



Strumpshaw Fen

Cley Marshes (Norfolk Wildlife Trust)

You'll be spoilt for choice with waders, wildfowl and birds of prey. You won't only find an ideal habitat of reedbeds, saltmarsh, lagoons and beach but also a fabulous visitor centre that showcases Norfolk's nature artists. You can walk to Cley windmill too. Make a day of it!



Cley Marshes



Holme Dunes

Holme Dunes (Norfolk Wildlife Trust)

This far corner of North West Norfolk is worth exploring. The boardwalk takes you along the coast through dunes with views across tidal creeks and countryside. You might see Chris Packham's favourite grebe – the punky Slavonian grebe. On a sunny day, cross your fingers for a shower and rainbow across a dramatic Norfolk sky.

Blickling Estate (National Trust)

The Blickling Estate is a treasure for nature. Walk around the lake edged with golden reeds and through the beech wood, at its best in autumn and winter. You might even see a barn owl. Head up to the Great Wood for a fungi hunt – how many can you capture on camera?

Sheringham Park (National Trust)

Sheringham Park has it all – landscaped gardens, woodland, farmland and even clifftop walks. Climb the lookout for magnificent views to the coast then stop at the stone bridge to watch the steam train pass by. You may even see Eurasian curlew feeding on winter stubble or hear their soulful call.

Norfolk Coastal Path

There's nothing like a coastal walk in winter to blow away the cobwebs. At Winterton and Horsey on the east coast, you can see seals with pups if you take care not to disturb them. On the north coast, Cromer's cliffs and pier are always a treat. From Blakeney's pretty harbour, walk to Morston Quay. Don't miss the stunning beaches at Holkham and Burnham Overy Staithe and the glorious sunsets at Hunstanton cliffs on the west coast.



Blickling

Editorial by: Tracy Brighten www.tracybrighten.com



THE CHEQUERS INN

*country pub
and dining rooms*

A beautiful thatched country inn dating back to the 17th century. We offer a great range of home made dishes using the best quality and, where possible, local ingredients. Along with an ever changing real ale selection, local gins and some expertly sourced wines, enjoy dining in front of cosy fireplaces throughout the colder months and soak up the atmosphere and rural, country charm of our bar and restaurant.

The Chequers, STRATTON RD, HAINFORD, NORWICH, NR10 3AY
01603 891657 THEHAINFORDCHEQUERS.CO.UK



The Chequers - in the heart of rural Norfolk

The Chequers at Hainford is a beautiful 17th Century thatched country pub and restaurant set in the heart of the rural Norfolk Countryside in the picturesque village of Hainford. Only a short drive from the Cathedral City of Norwich and the beautiful Norfolk Broads.

The Chequers itself offers a wealth of character from old tiled floors and beamed ceilings to cosy fireplaces throughout the colder months. Beautiful, cottage style gardens and patio area welcome you upon your arrival and offer some laid back al fresco dining when the weather permits. There's also a Children's play area and a large car park.

The menu offers a wide selection of high quality, traditional fayre catering to all tastes and skilfully prepared by the team of chefs.

Where possible, some of the best of local and seasonal ingredients are sourced along with craft gin, an expertly prepared wine selection and real ales.

Booking is recommended and especially essential for the weekends and Christmas party bookings are now being taken, so best to get your booking in early for the run up to Christmas.

Forthcoming Events

The popular Steak Night is the first Thursday of every month – a 20oz Rump Steak with a choice of the Chequers' signature stilton and bacon sauce, peppercorn and brandy sauce or topped with 2 eggs served with onion rings, mushrooms, tomatoes, chunky chips, salad & coleslaw for £19 or 2 Fillet Steak Meals with all the trimmings and a bottle of wine for £48

Editorial by: **The Chequers** Tel: 01603 891657 www.thehainfordchequers.co.uk



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Menus available on our website

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90 capacity, with a choice of the original part of the historic cottage available for a more intimate setting. The Constantia Brothers have cut their teeth on an amazing musical roller coaster ride after an appearance in front of millions of viewers on the prestigious Barrymore Show a few years ago put them in the public eye. Since then they have performed on BBC Radio 2 and played theatres up and down the UK. Visit our website for news of The Brothers CD releases.

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Whether you enjoy a pint of Norfolk ale, a bottle of English wine, or a locally produce Gin you'll find something to suit your tastes. We love Norfolk and we believe we have some of the best produce in the world. We aim to celebrate that as best as we can.

Working with some of the best producers around such as Lakenham Creamery, Lacons Brewery, Home Farm Gin and Strangers Coffee to name a few, our aim is to get everything on your plate sourced from Norfolk including a few items from our very own kitchen garden.

This year we have put together a 3-course menu for December to celebrate both Norfolk and Christmas. We still have a few places left and we recommend heading

over to our website to view the menu. From there you can make an online booking and secure yourself a place.

We also offer a function room for your private events and can host upwards of 100 people. We offer a varied function menu and a great service for any gathering. Again, you can find these online or give us a call on 01603 880263.

If you'd like to know more, on our website you will find a page for the various nights we hold like Steak Night and Burger night both using Swanton Morley Butchers fine produce. You will also find copies of all our menus, including a dedicated one for the small folk in your life that like all our food is homemade!

So, if Local ales, English wine and Norfolk food sound like something you would enjoy, come and see us!

Editorial by: The Bell Tel: 01603 880263 www.thebellatmarlingford.co.uk



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Diversity is key at Thornham Deli

All too often people from other parts of the UK knock Norfolk as a county where nothing much happens. The county is often characterised as a slow-talking, slow-moving, one dimensional place where change is slow to come.

Well, we very much dispute that. From Norwich's independent shops and buzzing festival scene to the innovative exhibitions that take place in galleries across the county. From the authors, painters and musicians who create their magic to the people who flock to our coastline. This is county that far from being ordinary, is actually extra-ordinary and totally unique.

And nowhere personifies this more than at Thornham Deli.

From the demographic which ranges from cherubic babies to hipster 20's to sparkly eyed octogenarians – at Thornham Deli we welcome everyone with the same warmth, great choice of food and drink and top notch service.

We have a buzzing vibe that appeals to everyone. And the Deli itself is a reminder and testament to the fact that Norfolk is no backwater but a vibrant, style-leading, boundary pushing place with its own identity.

Just as Norfolk is a county of contrast and diversity, so too is our Deli dining experience. From the traditional to the innovative. From the healthy to the downright decadent. From seasonal, locally-sourced produce to global cuisine. But what every item that is served in Thornham Deli shares is excellence.

Our award-winning Executive Head Chef, Gemma Arnold and the kitchen team start the day with a mammoth bake to ensure the Deli counter is groaning under the weight of pastries and cakes. They then move into 'cheff-ing' mode as they work on delivering plate after plate of delicious restaurant food. Full English breakfasts jostle alongside platters of Brancaster oysters; Japanese steamed dumplings vie for attention with home made burgers; Banoffee pie defies you to not to succumb to temptation.

And for anyone who wants to take the Deli dining experience elsewhere, we offer a range of off-site services. Whether it is weddings, celebration parties, a big birthday bash or simply a gathering of friends and family, the team at Thornham Deli will make sure you and your guests have the best of times.

We also prepare beautiful and bespoke picnic hampers which, taken to the beach and eaten under the clear Norfolk skies can turn a simple outdoor eating experience into a magical moment.

And we help out at home too. As you arrive home from work or return to your home after time away, pop into the Deli to pick up a take home meal. These have all been freshly prepared in our kitchen and then chilled in our Blast Freezer. Pick a meal of choice, take it home and enjoy the Deli dining experience in the comfort and sanctuary of your home.

We are proud to be a leading foodie destination in this wonderfully diverse county.



Welcome to the Barn

The latest addition to Thornham Deli, the funky coastal deli, cafe and lifestyle store on the North Norfolk coast, is the Barn Dining area.

Perfect for dogs, their owners, cyclists, bird-watchers or groups of friends and family, the environmentally conscious, warm, welcoming Barn is a lovely new addition to Thornham Deli and its sister company No33.

The beautiful flint and brick barn will house the new dining area, where customers can enjoy freshly prepared, locally produced, seasonal food. The Barn is all about sustainability, with drinks served in recyclable cups, recycled wooden furniture and food served on environmentally friendly bamboo plates.

Whether it is in front of the roaring log fire or gathered around a table, this is a place where dogs and their owners can really relax and enjoy their Deli dining experience. Come and see for yourself. Thornham Deli is a place where quality is at a premium but it doesn't cost the earth



restaurant deli coffee shop food market lifestyle store

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A spectacular country fayre pub on The Broads

Set in 11 acres of beautiful parkland on the banks of the enchanting Ormesby Broad, The Boathouse is a spectacular country fayre pub and wedding venue. The complete refurbishment of the old Eels Foot pub and boathouse combines one of the most idyllic and romantic wedding venues you will find with fine country dining, luxurious accommodation as well as fully equipped luxury woodland lodges. Its setting oozes the right kind of romance for a suitable marital send-off.

The magnificently refurbished pub and restaurant have intimate dining areas as well as areas for larger groups. The interior is finished to the highest standard using natural finishes with subtle lighting for a warm ambience.

Inside is a long bar with several large bay windows offering lovely views of the water. Exposed brickwork, two open fireplaces, pine floorboards and oak beams make for a welcoming spot.

The light and airy main restaurant has a wonderful vaulted ceiling and offers a contemporary dining space with classic touches.

The Boathouse has a very strong gluten free and vegan menu. There is also a popular carvery on Sundays between 12 and 7pm. The food on offer comes either from a traditional pub menu or you can treat yourself to a large range of gastro options; in the evenings and they also have many vegetarian dishes available. You can choose to eat in the bar or you can have table service in the restaurant.

The Boathouse manages to combine warmth and friendliness with efficient service, and there are comfy sofas in the dining room for those who just want to drink. There is also lots of parking space and a priceless waterside view. Ample outdoor seating overlooks the Broad as well as a children's play area.

For accommodation you can choose from luxury Bed & Breakfast in the main Boathouse building or stay in one of our woodland lodges. We also have a stunning bridal lodge exclusively for the use of bride and grooms.

The Boathouse is available daytime and evenings for parties, functions, birthdays, wedding receptions, funeral wakes and corporate meetings and conferences (full wi-fi available as well as AV equipment and screens). The perfect setting whether for a meal, function or wedding!



One of the best places to eat on The Broads

the boathouse

ormesby broad

www.theboathouseormesbybroad.co.uk

Tel: 01493 730342

The Norfolk Mead Hotel



We have eight acres of lovingly kept private grounds for you to enjoy during your stay at the Norfolk Mead. From our expansive front lawn to the gardens that circle the hotel and extend right to the banks of the River Bure.

Our private lake has swans, geese and other wildfowl and a leisurely stroll around the grounds is the ideal way to work up an appetite for breakfast or dinner. At the Norfolk Mead, we pride ourselves on your dining experience in our Two Rosette Awarded Restaurant.

We only use fresh, local ingredients sourced from the finest farms and markets in Norfolk to ensure you enjoy your meal with us and heartily recommend us to your family and friends. All our rooms are individually appointed to give you a truly personal experience at the Norfolk Mead Hotel. We have Suites, Deluxe and Standard rooms in the hotel and Cottages and Summer House's in the grounds.

Pamper yourself at the Norfolk Mead with one of our exclusive treatments, designed in conjunction with the Natural Spa Factory to delight your senses whilst relaxing your body and mind.

Our treatment rooms are located in the grounds of the hotel, just a short stroll from your room or from our lounge and gardens, relaxation has never been so easy.

Church Loke, Coltishall NR12 7DJ T: 01603 737531 E: info@norfolkmead.co.uk www.norfolkmead.co.uk



The Walpole Arms



The Walpole Arms Itteringham is a traditional country pub in the heart of North Norfolk's countryside.

Enjoy locally sourced seasonal food from our innovative and exciting menu, traditional local ales and carefully selected wines.



in The Michelin Guide 2019



Inspector's favourites

Mon to Fri: 12pm - 3pm (food till 2.30pm) 6pm - 11pm (food 6.30pm - 9pm)

Saturday: 12pm - 11pm (food 12pm - 2.30pm & 6.30pm - 9pm)

Sunday: 12pm - 5pm (food till 3pm)



01263 587258 | info@thewalpolearms.co.uk



www.thewalpolearms.co.uk

The Common, Itteringham, Norwich, Norfolk, NR11 7AR



Slow Food for a Healthy New Year

Winter is a time when we find comfort in warm fires and hearty food. But how much thought do we give to the quality of the food we eat?

From fine dining restaurants and gastro pubs to cafes and tearooms, many of the dining establishments featured in Eat Out Norfolk take pleasure in giving customers a slow food experience. But what is 'slow food' and why does it matter?

Founded in Italy in 1989, Slow Food is a global, grassroots movement that links the pleasure of food with a commitment to community and the environment. The Slow Food movement campaigns for an approach to food that "recognizes the strong connections between plate, planet, people, politics and culture." The movement isn't only concerned with promoting gastronomic pleasure and preserving regional foods and traditions. The way we grow, harvest and supply food affects whether we can all flourish on a healthy planet. Sustainability is key. Chef's committed to the Slow Food philosophy "take pride in promoting small-scale producers, and using good quality, locally-sourced, sustainable foods."

The slow food trend is a timely response to the fast-food craze that started in the US and led to the intensive food systems that are harming the natural world today. Intensive animal agriculture is a major contributor to rainforest destruction and climate change. Fisheries using deep-sea trawlers damage the seabed and gill nets kill dolphins, penguins and turtles. With a newfound environmental consciousness, we want to know where our food comes from.

We also want to know what's in our food. Fresh fruit

and vegetables produced and supplied locally are likely to retain more vitamins and minerals.

Certified organic food will be free from artificial pesticides and fertilisers. Likewise, when meat and dairy come from local farms, we can check that animals are raised healthily and humanely. By contrast, intensive farming may harm our health when it relies on indoor rearing, supplementary feed, growth hormones and antibiotics. And what about the fast-food culture that goes hand in hand with cheap meat and dairy? Highly processed food, whether it's deep-fried takeaway food washed down with sweet fizzy drinks or supermarket ready meals, has a high cost in the long run.

Highly processed foods are high in sugar, salt, saturated fat and trans-fat, which increase our risk of obesity, diabetes, heart disease, stroke and some cancers. To make matters worse, these

foods are low in vitamins, minerals and antioxidants needed for our body to function properly. They are also low in fibre, which feeds 'good' gut bacteria, helps us feel full and helps bowel function. For a long shelf life and appealing taste, highly processed foods contain artificial preservatives, colourings, and flavourings. The longer the ingredients list, the more removed the food is from nature.

In Norfolk, we are fortunate to have a wide choice of eateries offering fresh, home-made, locally sourced and seasonal produce with craft beverages to match. What are you waiting for? Let's support Norfolk's artisan food and drink producers and raise a glass to slow food.

Happy New Year!



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Jay Jay's at The Beach Cafe @JayJaysTheBeach

How to keep your home warm in winter

In the colder months, there is nothing quite like curling up with a hot chocolate on the sofa and getting cosy. However, when you've just enjoyed a long walk with the dog or have returned from a shopping trip, the last thing you want is to have to unwind in a chilly room. So, how do you keep your home warm in winter? Your choice of blinds and curtains can make a huge difference.

5 ways your blinds and curtains can help keep your home warm in winter

1. Made to measure blinds

Whatever your choice of blinds, it is essential that they fit well to help insulate your home. Made to measure blinds are designed to fit your windows and are more effective at keeping out draughts than off the shelf blinds, which are one-size-fits-all. Even a simple well-fitting blind can help reduce heat loss, roller blinds stop 21% of heat escaping from your rooms.

With made to measure blinds you have more choice. For example, you can opt for thermal blinds to help keep your home warm in winter.

2. Curtains

There is nothing like drawing the curtains as the nights get colder to make you feel warm and cosy. Curtains insulate well and will certainly help keep out the draughts on winter evenings. However, curtains work whatever the time of year, adding a stylish touch to any home décor.



3. Roman blinds

Roman blinds add an elegant touch to a room and work especially well in living rooms and bedrooms. For double warmth, try combining Roman blinds with curtains. Not sure whether Roman blinds will suit your home? Get in touch with our friendly team for advice.



4. Colours

There is no doubt that certain colours can make us feel warmer than others. Bright shades including red, yellow and orange warm up a room. Think also of Autumn leaves in burnished russet and copper. Whereas deep tones such as grey, brown and purple can create a luxurious comforting feel.

5. Texture

Layering clothes is a must if you want to stay warm in winter. The same can be said of our homes. By combining different fabrics and textures in your home décor, you can create a cosy sanctuary. Try blinds in a textured design or curtains in a rich velvet style fabric.

Whatever the season, the Norwich Sunblinds team can find the ideal blinds and curtains for your home. Book a free in-home consultation or pop into one of our showrooms. We'd love to help.



"I loved them so much that I didn't hesitate to have the whole new house fitted with the same shutters. The service and installation was second to none!"

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On the banks of the beautiful Trinity Broads, the Waterside is a contemporary café/restaurant and tearoom with outdoor decking for summer al fresco eating and drinking with stunning views. Brunch, light lunches and homemade afternoon teas are served all year round (roasts on Sundays), using many fresh local ingredients. Our light meals and afternoon teas are freshly prepared to order. A selection of speciality teas and coffees are also offered. Boat tours and boat hire available during the summer months as well as putting, wildlife watch and children's play area.



The Waterside
Rollesby

A Taste of the Broads

Main Road, Rollesby, Norfolk NR29 5EF Tel: 01493 740531
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COLD AND SHIVERING? STOP DITHERING GET TO THE ROMAN CAMP INN

Come and join us for the festive season!

'Tis the season to be jolly and what better way to get yourself in the festive mood than by joining us here at The Roman Camp. You can enjoy our Christmas Menu or dance the night away at our New Year's Eve Buffet. You can stay the night by choosing one of our great value Breaks (*see website for details*).



Christmas Menu

Sunday 1st Dec – Tuesday 24th December
Two Courses, Coffee and Truffles – £22.50pp
Three Courses, Coffee and Truffles – £25.95pp



New Year's Eve Buffet £36pp, £22 per child

Bucks Fizz, Hot Buffet and Dancing until 1am
Arrive 7.30pm



Come and try
our popular
Winter Warmer Meals
October – March

All winter warmer meals are subject to availability -
not available during special events



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