

MODERN LIFE CAFÉ

MENU



Allergen advice: Although it is not possible to guarantee the absence of allergens in our products due to the way our food is prepared, please speak to your server to discuss allergens and dietary options, including gluten free.

Morning Pastries

All Butter Croissant, Tiptree Strawberry Jam	£2.80
Hazelnut & Chocolate Croissant	£3.50
Pain aux Raisins	£2.80

Savoury Pastries

Pork Sausage Roll	£4.25
Vegan Sausage Roll 	£3.50



Soup

Soup Of The Day & Home-Baked Focaccia 	£6.00
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Toasted Ciabatta

Wiltshire Ham, Smoked Cheddar & Dijon Mustard	£7.75
Baked Field Mushroom & Binham Blue Cheese	£7.75
Chicken Breast, Stokes BBQ Sauce & Mozzarella	£7.50
Sweet Potato Falafel, Spinach, Avocado, Chipotle Mayonnaise 	£7.75
Mozzarella, Basil Pesto & Stokes Onion Marmalade	£7.50

Salad Bowls

Main
£9.00

Side
£5.50

Sweet Potato & Tenderstem Broccoli

Pearl Barley, Sunblushed Tomato, Balsamic Vinegar 

New Potato & Avocado

Spring Onion, Mixed Herb Creme Fraiche

Greek

Plum Tomato, Cucumber, Red Onion, Feta Cheese, Marinated Olives, Basil, Virgin Rapeseed Oil

Apple & Walnuts

Baby Leaf, Celery, Cranberries, Apple Cider Vinegar & Maple Syrup Dressing 



Children's Menu

Under 12's

Pizza

£5.50

Orange or Apple Juice

Margherita or Pepperoni Pizza Twist

Picnic Box

£4.50

Orange or Apple Juice

Cheese, Jam or Ham Sandwich

Mini Cheddars

Whole Fruit

Lunch

Roasted Norfolk Chicken Breast

Norfolk Chicken Breast, Rosemary Roasted Vegetables,
Tarragon Cream Sauce

£14.50

Roasted Butternut Squash

Roasted Butternut Squash, Sage, Caramelised Red Onion,
Smoked Applewood Vegan Cheese, Mixed Greens

£14.50

Spanish Style Coley

Spanish Style Coley, Gremolata, Smoked Paprika, Red Pepper,
Chickpea & Chorizo Sauce

£15.00

BBQ Suffolk Pork Shoulder

Braised Suffolk Pork Shoulder, Bourbon BBQ Glaze,
Braised Vegetable Wild Rice

£15.00



Sunday Roast

**All served with Thyme Roasted Potatoes, Yorkshire Pudding,
Roasted Carrots & Parsnips, Cauliflower Cheese & Green Beans**

Roasted Breast of Norfolk Chicken

£16.00

Roasted Loin of Suffolk Pork

£16.00

Butternut, Kale & Apricot Nut Roast 

£16.00



Home-Baked Cakes

Millionaires Chocolate Fudge Cake	£5.50
Carrot Cake, Orange Buttercream	£4.75
Gluten Free Victoria Sponge	£4.50

Traybakes & Cookies

Cranberry and White Chocolate Flapjack	£2.80
Caramelised Coconut and Raspberry Tart	£4.75
Double Chocolate Brownie	£4.00
Vegan Brownie, Dark Chocolate Ganache 	£4.50

Scones

Fruit Scone, Tiptree Strawberry Jam, Butter	£3.80
Binham Blue Cheese Scone, Butter	£3.90

Sparkling

125ml

Bottle

Adnams Prosecco DOC

£5.30

£30.00

Italy Fresh with crisp, ripe pear flavours. A joyous glassful of fizz.



White

175ml

250ml

Bottle

Adnams Sauvignon Blanc

£6.00

£8.40

£25.00

France This racy dry which has all the fresh, lively gooseberry flavours typical of this grape variety.

Adnams Chardonnay

£6.30

£8.80

£26.15

Chile Intense notes of pear, pineapple and acacia flowers. Medium body with outstanding notes of exotic fruit in the finish.

Adnams Pinot Grigio

£5.80

£8.20

£24.15

Italy Crisp and refreshing with zippy citrus fruit flavours.

Rosé

175ml 250ml Bottle

Adnams Pinot Grigio

£5.80 £8.20 £24.15

Italy Refreshingly elegant aromas with intense notes of acacia flowers. Dry, soft and well-balanced.



Red

Adnams Shiraz

£6.30 £8.80 £26.00

Australia Characteristic savoury aromas and brooding dark fruit on the palate.

Adnams Malbec

£6.30 £8.80 £26.15

Argentina Bright and juicy flavours with a real fruit concentration and refreshing finish.

Adnams Merlot

£6.00 £8.40 £25.00

France This very elegant wine is well balanced, with round body.

Drinks

Regular

Large

Local Beer and Cyder

Adnams Kobold English Lager 4.7%	£5.45
Adnams Ghost Ship 4.5%	£5.45
Adnams Ghost Ship 0.5%	£5.10
Adnams Wild Wave Cider 5.0%	£4.90



Chilled Drinks

Mineral Water	Still & Sparkling	£2.10
San Pellegrino	Aranciata Rosso & Limonata	£2.30
Coca Cola		£2.80
Diet Coke		£2.80
Aqua Libre Cucumber		£2.85
Lemonaid	Passionfruit, Blood Orange, Ginger, Lime	£3.50
ChariTea	Red, Green, Black	£3.50
Frobishers Juice	Orange, Apple, Mango	£3.00

Hot Drinks

Espresso		£2.80	£3.00
Macchiato		£3.00	£3.30
Americano		£2.90	
Caffé Latte		£3.20	
Cappucino		£3.20	
Flat White		£3.20	
Mocha		£3.50	
Hot Chocolate		£3.30	
Fresh Tea	Fresh Mint, Orange Spiced, British Apple	£3.90	
Golden Milk		£3.90	
Loose Tea	English Breakfast, Sapphire Earl Grey, Organic Lapsong Souchong, Dragonwell Green, Citrus Camomile, Persian Pomegranate, Spicy Rooibos	£2.50	
			£3.90

Venue Hire

The Modern Life Cafe is a magnificent setting to host corporate events, group visits, weddings, location filming, studio workshops and more.

If you are interested in booking with us for an event, please contact us on mlc.reservations@uea.ac.uk, or call on 01603 592474



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