



The White Horse Rendham



CHRONICLES

KITCHEN OPEN: WEDNESDAY TO SATURDAY 12PM - 2PM / 6pm - 8pm Sunday 12pm - 2.30pm

FREE COPY

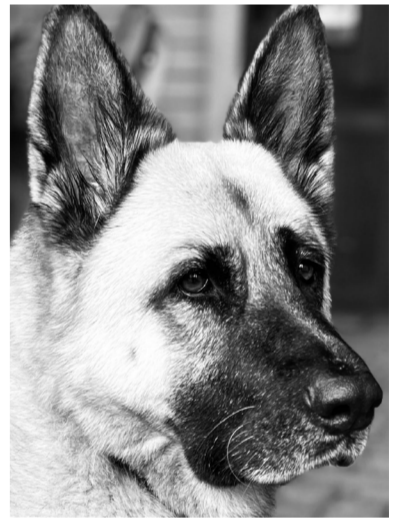


The Rendham White Horse
Bruisyard Road
Rendham
Saxmundham
Suffolk
IP17 2AF

Reservations: 01728 666 527

LUNA TAILS

Hi readers,



My name is Luna and The White Horse is my home. I couldn't believe my luck when I moved to Rendham with Mum and Dad in December 2022, what a beautiful place we live! I have so many lovely walks to choose from every day and I have made some great friends on two legs. They are all so nice to me and I really look forward to seeing them in the pub. I have made some great four legged friends as well, who I see around the village, go on walks with and share biscuits with when they come for dinner. I'd like to mention them all because I've never had so many buddies! Poppy Woods, Margo, Harry, Hamish, Martha, Humphrey, Arki, Henrietta, Ernie, Flynn, Rosie, Cocoa, Tazzy, Lottie, Alfie, Roo, Elsa, Peggy, Leia, Belle, Lois, Reggie, Dudley, Toffee, Sidney, Poppy, Sky, Ben, Toby, Jack, Buddy, Scout, Rosie, Buzby, Jasper, Dougie, Ralphie, Willow, Zelly, Luna, Max, Clover, Monty, Nella, Fiona, Beetle, Tristan, Chester, Zeus, Sam, Indy, Joe, Rufus, Pebble, Mole and Fergus. Not to mention all my sheep and horse friends! I hope you all enjoy your time in the pub and I know you'll especially love the food! My Dad cooks the best steaks!

If any one would like to take a photo of me, you're more than welcome. I am a model, but I don't charge for photos anymore because I was spending all my money on treats and it wasn't good for my waistline. I look forward to telling you more tails in the next edition of The Rendham White Horse Chronicles.
Love **Luna**.

(Please note: As Head of Pub Security, cats are not welcome)

EXTRA! EXTRA! READ ALL ABOUT IT! RENDHAM WHITE HORSE BECOMES FREE HOUSE

Since the three of us took over the pub in December 2022, we have been very blessed with a wonderful welcome and warmth from everyone. We have now become a free house, something in which we are very excited about and can't wait to get The White Horse truly on the map. We have a great new selection of beer and ale. We have of course kept many old favourites on our new menu, but now we are excited to introduce our new daily specials board, where we can showcase the very best produce from Suffolk. Such as... Cromer Crab Singapore style, Sutton Hoo chicken kiev, Red Poll beef wellington, the freshest mussels and clams, day boat fish from Lowestoft and an ever changing Suffolk cheeseboard. The list is extensive but we assure you a warm welcome and a delicious experience. The White Horse was first used as a pub in 1746 and has known landlords since 1795. We are the 24th landlords to date. We hope to be here for many years, providing you with everything a pub should be.

Matthew, Sharon and Luna.

NEED A VENUE? ADVERTISING?

We also cater for Weddings, Birthdays, Christenings, Wakes and any other event of your choice.

If you would like to advertise on our menu, please speak to Matthew or Sharon

WHY SUFFOLK IS AWESOME

We are still discovering all the rich pickings Suffolk has to offer. From world class vineyards, breweries, distilleries, cheesemakers, free range pork and beef, to chocolate box villages, breath-taking walks and fresh day boat seafood. Suffolk country parks are full of beauty and wildlife, as are its beaches (Luna's favourites include Covehithe and Southwold, check them out!) There are attractions galore too: Go Wild Tree Top Adventures @ Go Ape, RSPB Minsmere, Camel Park Oasis, Easton Farm Park, Jimmy's Farm, Africa Alive, Snape Maltings, River Cruises in Ipswich and that's just scratching the surface! You might want to sail, surf, paddle board, kayak or climb the Cragg at Stowmarket.

Get out there and enjoy. Just remember to get back here for a hearty meal and a pint!

www.rendhamwhitehorse.co.uk The Rendham White Horse @the_rendham_white_horse

OUT OF THE GATE STARTERS / BAR SNACKS

(for a light lunch just add chips or salad for £4)

CRISPY CALAMARI	7.50
Lightly battered calamari with garlic mayonnaise & fresh lemon	
PRAWNS AND SALMON	7.50
Prawns & smoked salmon with fresh salad & marie-rose sauce (gf)	
BAKED GOATS CHEESE	7.50
Warm goats cheese with fresh salad & beetroot dressing (gf, v)	
WHITEBAIT	7.50
Fried whole whitebait dusted in polenta with Stokes tar-tare sauce (gf)	
TEMPURA PRAWNS	7.50
Prawns in tempura batter with Taiwanese sweet chilli sauce & fresh coriander	
CHICKEN WINGS	7.50
Crispy chicken wings glazed in a sweet, tangy, smokey sauce (gf)	
SWEETCORN FRITTERS	7.50
Light sweetcorn fritters with a hint of chilli & coriander served with red pepper hummus (gf, ve)	

PANINIS

SERVED WITH YOUR CHOICE OF CHIPS OR SALAD

BLYTHBURGH PORK & LEEK SAUSAGE AND SUFFOLK BACON

8.50

PRAWN MARIE-ROSE AND SMOKED SALMON

9.50

CHEDDAR CHEESE AND APPLE CIDER CHUTNEY

8.00

SUFFOLK BACON, LETTUCE, TOMATO AND STOKES MAYONNAISE

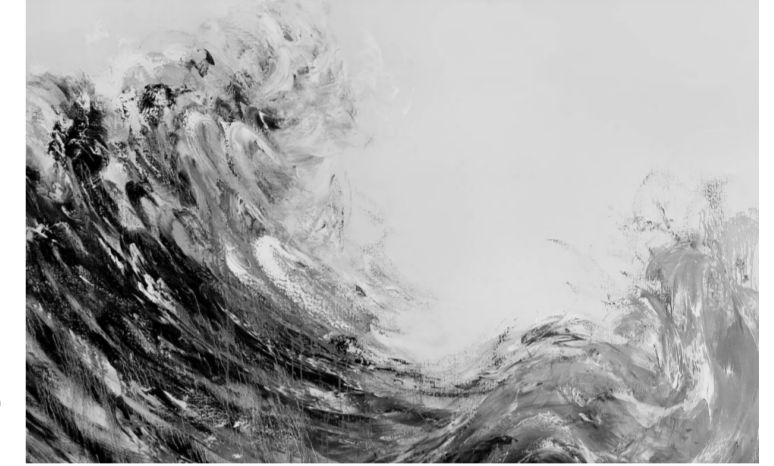
8.50

SUFFOLK ARTS AND MUSIC

There are so many wonderful artists and musicians from Suffolk, far too many to list.

Ok, Ed Sheeran lives really close by and might pop in from time to time. We are lucky enough to have a few of our very own artists in Rendham. **Chris Bishop, Maggie Hambling and Matthew Greenburgh.**

Chris Bishop (Mrs)
Suffolk artist working in oils/acrylics/mixed media
Commissions taken
email: bishopd3@sky.com
Tel: 07956343304



Maggie Hambling

HORSES MANE COURSES

PLEASE BE SURE TO CHECK OUT OUR DAILY SPECIALS BOARD IN THE BAR

BLYTHBURGH PORK AND LEEK SAUSAGES	14.50	FISHCAKES	14.50
Trio of Blythburgh pork and leek sausages on a bed of creamy mash topped with Suffolk bacon. Served with fresh vegetables and rich red onion gravy		Smoked haddock and spinach fishcakes with a melted cheese centre served with chips and your choice of fresh salad or garden peas (gf)	
STEAK AND KIDNEY PUDDING	16.50	SEAFOOD PLATTER	18.50
Proper suet pudding filled with tender steak and kidney, with fresh vegetables and rich gravy served with your choice of creamy mash or chips		Crispy calamari, tempura prawns, breaded jumbo scampi and smoked haddock fishcake served with chips, fresh salad and dips	
SHEPHERDS PIE	14.50	CLASSIC FISH PIE	14.50
Slow braised shoulder of lamb in HP gravy, topped with cheddar cheese mash served with fresh vegetables (gf)		Salmon, prawns, hake and smoked haddock in leek sauce, topped with fluffy mash served with your choice of fresh vegetables or salad (gf)	
RUMP STEAK	14.50	CAULIFLOWER AND RED PEPPER CURRY	12.50
30 day aged 8oz rump steak with sautéed tomatoes, mushrooms and chips (gf)		Cauliflower florets in a mild red pepper curry sauce with basmati rice and a side of spicy battered cauliflower florets (ve)	
JUMBO SCAMPI	14.50	VEGETABLE RAMEN	12.50
Wholetail breaded scampi with chips, Stokes tar-tare sauce and your choice of fresh salad or garden peas		Mixed vegetables with fresh noodles in an aromatic Japanese style broth (ve)	

RENDHAM MUMMERS

Rarely will you have experienced anything like this, as our motley band of mummers entertain in their unique style. Medieval in tradition, the players, with blackened faces perform at the Rendham Fete and at the Rendham Knoll on the Winters Solstice.

To date, through the hat collection which is taken at the end of performances, some £2500 has been raised for charities, including Cancer Research, East Anglian Air Ambulance, Suffolk Mind, NSPCC and Ipswich Homeless Families Unit.

The Plays are based on the medieval mumming traditions of death and re-birth and the triumph of good over evil. The script has been written by members who try to remain faithful to the origins of this unique form of street theatre, which seeks to entertain in a light hearted way! This includes the tradition of blacking the faces reflecting the belief by the actors that they would be cursed by the Devil if they were to be recognised.

THE FINAL FURLONG

BELGIAN CHOCOLATE CHEESECAKE	7.50
with salted caramel gelato	
CLASSIC SYRUP SPONGE	7.50
with heavenly custard	
SHARP LEMON TART	7.50
with raspberry coulis and vanilla gelato	
STICKY TOFFEE PUDDING	7.50
with your choice of heavenly custard or homemade gelato	
HOMEMADE ITALIAN STYLE GELATO	2.50 per scoop
Salted Caramel (gf, v) Vanilla Bean (gf, v) Chocolate and Hazelnut (gf, v)	



MAY COTTAGE
Rendham

Holiday Let
Self contained
Sleeps 4

07803219879
Maggie & Johnny

www.cottages.com
(property ref: UK37997)

WINE

By The Glass & Bottle

WHITE

Dea Del Mare, Pinot Grigio, Italy

Lovely citrus fruit aromas accompanied by soft honey undertones. Refreshing with zesty green apple flavours.

La Barbe, Sauvignon Blend, France

With Vermentino added, the result is a crisp, clean mix of gooseberry and passionfruit, with a whack of citrus zing on the finish.

Murphy Vineyards, Chardonnay, Australia

Ripe, tropical fruits on the nose with hints of pineapple and melon. Rich and fruity with no oak. Soft and rounded with a lovely long aftertaste.

ROSÉ

Dea Del Mare, Pinot Grigio Rosé, Italy

Elegant, crisp and dry Pinot Blush. Delicate aromas of summer fruits. Bursts with flavours of strawberry and raspberry.

RED

The Landings, Shiraz/Cabernet, Australia

Rich full bodied red; smooth, satisfying and easy to drink. Blend of blackcurrant and plum fruit flavours together with tantalising hints of spice.

La Barbe, Merlot Blend, France

Fabulously approachable Merlot blend. Spicy fruit with a lovely smooth finish. A great wine for Merlot lovers.

Calusari, Pinot Noir, Romania

Delicate, pale garnet colour. Aromas of violets, dried cherries and hints of tobacco. Light and berry filled on the palate with a velvety finish.

Bottle £22.00
250ml £7.95
175ml £6.00

Il Caggio, Prosecco Spumante, Italy, 200ml £7.50

Small and lively bubbles burst onto the tongue. A smooth mousse and subtle wild apples and pear fruits exude from the palate with a refreshing lift on the finish.

By The Bottle

RED

Lopez De Haro, Rioja, Spain 2019 £26

Smooth and velvety wine with a sweet and ripe tanning. Pleasant and easy drinking with a long aftertaste. Ripe red fruit and liquorish combined with coffee, vanilla and balsamic nuances from barrel ageing.

Chateau Le Frayche, St Emilion, Bordeaux, France 2018 £36

A classic claret. Intensive floral nose followed by rich, fruity palate dominated by crunchy red fruit notes. Well balanced but robust.

The Crusher, Pinot Noir, Napa, California USA 2019 £29

Layered aromas of black cherry, rhubarb, light-tone floral notes and subtle spiced smoke. Plush on the palate with juicy cranberry fruit, rose petal, black tea and melted chocolate flavours. Flavourful and lengthy finish. Aged with 100% french oak for 10 months.

WHITE

KWV, The Mentors, Chenin Blanc, South Africa 2020 £36

Resplendent with aromas of ripe mango, concentrated apricot, honeysuckle and jasmine. Creamy and textured palate shows hints of dried peach and zesty lime. Good length, rich flavours and freshness.

Snapper Rock, Sauvignon Blanc, New Zealand 2022 £26

Full flavoured with intense tropical green melon and gooseberry flavours. Best matched with seafood, chicken or salad.

SPARKLING

Il Caggio, Prosecco Spumante, Italy, 75cl £26

Small and lively bubbles burst onto the tongue. A smooth mousse and subtle wild apples and pear fruits exude from the palate with a refreshing lift on the finish.

DRINKS

REAL ALE

DRAUGHT

Camden Hells
Stella Artois
Beck's
Free Damm
Aspall Cyder
Guinness

PINT / HALF
£4.90 / £2.45

£5.20 / £2.60
£5.00 / £2.50
£4.50 / £2.25
£5.00 / £2.25
£5.00 / £2.25
£5.20 / £2.60

WINE

250ml £7.95 / 175ml £6.00 / 125ml £4.00

SPIRITS

Bacardi
Gordon's Gin
Gordon's Pink Gin
Hendrick's Gin
Smirnoff Vodka
Jack Daniels
Southern Comfort
Famous Grouse
Glenfiddich
Jagermeister
Disaronno
Tia Maria
Kahlua
Havana Club
Captain Morgan's
Malibu

25ML

£3.00
£3.00
£3.00
£3.60
£3.40
£3.20
£3.20
£3.60
£5.00
£3.40
£3.30
£3.00
£3.00
£3.30
£4.20
3.00

Bailey's
Taylor's Port
Harvey's Sherry
Pimm's
Stone's Ginger Wine
Amarula

50ML

£4.00
£4.50
£3.30
£4.20
£2.40
£4.00

SOFT DRINKS

Heineken 0%
Coca Cola
Diet Coke
Sprite
Tonic Water
Soda Water
Ginger Ale
Sparkling Water
Orange Juice
Apple Juice
Appletiser
Elderflower Presse
San Pellegrino
Ginger Beer
Red Bull
Big Tom Juice

£3.00
£2.30
£2.30
£2.30
£3.20
£2.00
£2.60
£2.50
£3.30
£3.30
£3.50
£3.50
£2.40
£3.50
£4.00
£3.30

TEA

Tetley/Peppermint

£2.00

COFFEE

Filter

£2.00

Concerts at Cratfield

presents



Cratfield Young Artists at The Cut

The Cut Arts Centre, Halesworth, Suffolk, IP19 8BY

<p>RYAN CORBETT SUN 21ST APRIL 2024 AT 3PM</p>	<p>MELOS SAXOPHONE QUARTET SUN 12TH MAY 2024 AT 3PM</p>
<p>BBC Radio 3 New Generation Artist, Royal Overseas League Gold Medal Winner, 2024 Royal Philharmonic Society Young Artist Award shortlist. Programme includes Scarlatti, Bach and Mendelssohn.</p>	<p>Formed in 2019 at London Guildhall School of Music & Drama. Programme includes two world premieres & works by Bozza, Escaich & Dvorak.</p>

All Tickets £15

Box Office and Booking Tickets

boxoffice@thecut.org.uk 0300 303 3211

or via our website www.concertsatcratfield.org

ROLL UP! ROLL UP! WEEKLY SPECIALS

WEDNESDAY

TODAY'S FRESH CURRY AND A PINT

Fresh, homemade curry and rice

£15

THURSDAY

TODAY'S PIE AND A PINT

Homemade pie/suet pudding with chips or creamy mash fresh vegetables and the tastiest real gravy

£15

FRIDAY

BEER BATTERED FISH 'N' CHIPS AND A PINT

Fresh day boat fillet of fish in light, crispy beer batter with chips, peas and tar-tare sauce

£15

SATURDAY

8OZ RUMP STEAK AND A PINT

30 day aged rump steak with chips, sautéed mushrooms and tomatoes

£15

SUNDAY

ROAST BEEF OR ROAST LAMB WITH ALL THE TRIMMINGS

Topside/rib of Red Poll beef or slow roasted shoulder/leg of lamb with yorkshire pudding, roast potatoes, fresh vegetables and the tastiest real gravy

£16.50

MAIN MENU ALSO AVAILABLE WEDNESDAY TO SUNDAY

*Pint may be substituted with any soft drink or small glass of wine

WALKING GROUPS

WE ENCOURAGE WALKING GROUPS TO ENJOY LUNCH WITH US.

PARK IN OUR CAR PARK, PRE-ORDER YOUR LUNCH, ENJOY THE BEAUTIFUL SUFFOLK COUNTRYSIDE AND WE WILL HAVE IT ALL PREPARED AND READY FOR WHEN YOU RETURN HUNGRY!

HORSING AROUND

Rein it in with the gossip!
You'll stirrup trouble.

I'm not an alcoholic. Alcoholics need a drink but i already have one.

Alcohol doesn't make you fat. It makes you lean... on tables, chairs and random strangers



Q. Whats the difference between a dog and a fox?
A. 2 drinks

Q. What did the mare say to her foal?
A. "It's pasture your bedtime."

SUDOKU

Every row, column and box must contain all the digits 1 to 9. Each number can only appear once in every row, column or box. Every puzzle has only one correct solution!

	7		5	8	3		2	
	5	9	2			3		
3	4				6	5		7
7	9	5				6	3	2
		3	6	9	7	1		
6	8				2	7		
9	1	4	8	3	5		7	6
	3		7		1	4	9	5
5	6	7	4	2	9		1	3

3	4	5						8
6	1			8	3	5	4	9
7	9			4	5			6
			1	5	7			
				6	4	9		
	7	1	9			4		
		9		2		6		4
	5			1				
2		6				3		

SOLUTIONS

1	7	6	5	8	3	9	2	4
8	5	9	2	7	4	3	6	1
3	4	2	9	1	6	5	8	7
7	9	5	1	4	8	6	3	2
4	2	3	6	9	7	1	5	8
6	8	1	3	5	2	7	4	9
9	1	4	8	3	5	2	7	6
2	3	8	7	6	1	4	9	5
5	6	7	4	2	9	8	1	3

3	4	5	6	9	1	7	2	8
6	1	2	7	8	3	5	4	9
7	9	8	2	4	5	1	3	6
9	6	4	1	5	7	2	8	3
5	2	3	8	6	4	9	1	7
8	7	1	9	3	2	4	6	5
1	3	9	5	2	8	6	7	4
4	5	7	3	1	6	8	9	2
2	8	6	4	7	9	3	5	1

LITTLE HORSES

BATTERED CHICKEN BREAST,
CHIPS AND FRESH VEGETABLES

FISH FINGERS, CHIPS AND
FRESH VEGETABLES

BLYTHBURGH PORK & LEEK
SAUSAGE, CHIPS AND FRESH
VEGETABLES

ALL 6.50

WHITE HORSE SHEPERDS PIE

SERVES 4

INGREDIENTS

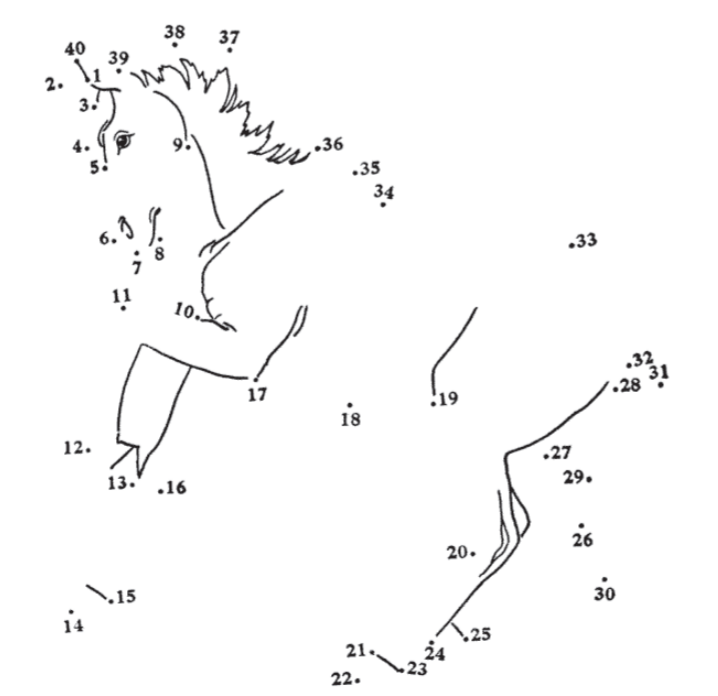
- 2KG SUFFOLK SHOULDER OF LAMB
- 2 LARGE ONIONS, DICED
- 4 CLOVES OF GARLIC, CRUSHED
- 300ML RED WINE
- 1 TBLSP TOMATO PUREE
- GLUG OF STOKES HP SAUCE
- 500ML FRESH CHICKEN STOCK
- 2 SPRIGS FRESH ROSEMARY
- 2 SPRIGS FRESH THYME

- TO TOP: BUTTERY MASH & GRATED CHEDDAR CHEESE

METHOD

1. Preheat oven to 170 degrees
2. Place onions, garlic, sprigs of fresh herbs, tomato puree and a glug of Stokes HP sauce in roasting dish, top with the lamb. Season with salt and pepper, add the chicken stock and red wine. Roast in the oven for 3 hours.
3. Remove from oven, take the shoulder of lamb out of roasting dish to cool. Bring the leftover liquid to the boil and thicken with cornflour and butter. Shred the lamb and add back into the gravy.
4. Top the mixture with buttery mash and lashings of grated cheese.
5. Bake at 200 degrees for 1 hour and serve with fresh vegetables.

CONNECT THE DOTS



FRIPPS FARM ANIMAL RESCUE OUR CHOSEN CHARITY



Owned by former model and documentary maker Jodie Marsh, Fripps Farm is currently home to over 400 animals, many of which have been saved from slaughter. Jodie gives a loving home to animals that are either unwanted or in danger of being put to sleep/slaughtered. With the correct nutrition, care and expertise Jodie has also brought sick or injured animals back from the brink of death. Followers of the farm can clearly see how loved the animals are and how special Jodie's bond is with them. Take a look for yourself; particular favourites are Mabel who cleans Jodie's teeth and Tinkerbelle the puppy/foal. All animals

welcome at Fripps Farm.

Fripps Farm is on Instagram and Facebook. Website: www.frippsfarm.co.uk

We are so passionate about animal rescue and have a jar on the bar to raise money for this wonderful charity. Any spare change or donation is greatly received.

TERRIFYING TALES OF SUFFOLK

Scared of dragons? You should be. The village of Bures has seen its fair share. After devouring a shepherd and feasting on his sheep, archers chased down the dragon into Warmingford Mere where legend says it was slain by a knights lance. I believe this was a lie to calm down the village folk. The beast still lives on to this very day. Bright light, searing pain and puff!, you're gone!

Place a handkerchief in the grating of the wall of St. Peters church in Westleton, then run around the church anticlockwise seven times, the handkerchief will disappear and the sound of the Devil clanking chains will be heard under the grate.

This church is plagued with bad luck. Its spiral first collapsed during a storm and then again by a German bomb. Grass does not grow on the "witches stone" by the priests door. Makes perfect sense since the Devil lives below the church.

There is a subterranean world below us called "Saint Martins Land". It is always twilight there and the people have green skin. One day, two siblings from this realm wandered through the tunnels and found themselves in the village of Woolpit. They shocked the villagers and spoke an unknown language. The two children could only eat raw broad beans and couldn't find their way home.

It may be possible to meet an alien. They visit a forest not far from here, in Rendlesham. American airforce personnel first saw them and ran in fear. If you ever have the courage? Go look for them. I just hope you don't get beamed up!

Between Thetford and Brandon lies a huge forest. This forest is home to an eight foot, long haired creature. With its shaggy coat and deep growl, it can be seen and heard throughout the forest.

Ever get the feeling you're being watched? Here in Rendham, we have our own wild beast! It roams the streets and valleys in the early mornings and late at night. Late at night it walks with the ghostly figure of its master, often still drinking his tankard of ale. In the mornings it is said it walks with a beautiful bar wench. When seen, the beast glows a bright pink hue. It knows if you are sleeping, even if you're awake. It knows if you are bad or good, so be good for goodness sake!

KITCHEN OPEN : WEDNESDAY - SATURDAY 12PM - 2PM / 6PM - 8PM SUNDAY 12PM - 2.30PM. CLOSED SUNDAY NIGHT, ALL DAY MONDAY AND TUESDAY.
FOR RESERVATIONS PLEASE CALL 01728 666 527