FOOD & DRINK
FORKNIGHT
18th Sept - 1st Oct
#FORKNIGHT2017
IPSWICHFORKNIGHT.COM
A special fortnight of events, treats and offers celebrating the best food & drink from across Ipswich; the perfect excuse to visit your favourite restaurant or bar!

Ipswich really does have something for everyone, from stylish waterfront bistro and authentic global independents to traditional Suffolk pubs and quirky bars. We’ve brought it all together just for you!

Flick through this guide, be inspired by what East Anglia's Waterfront Town has to offer and turn to the back to find a collection of exclusive deals and treats.

#FORKNIGHT2017
@ALLABOUTIPSWICH

Share your Forknight snaps on Instagram - we’ll be reposting our favourites and rewarding the best photos with special treats!
DELICIOUS EVENTS TO TUCK INTO THIS FORKNIGHT 18TH SEPT - 1ST OCT

SOAVE AND VALPOLICELLA WINE TASTING
THE SALTHOUSE HARBOUR HOTEL
Tues 19th Sept
£55pp
Something luxurious for a Tuesday evening, a chance to sample fabulously delicious fine wines from Veneto, partnered with a fine dining experience.

SAKE TASTING
AQUA EIGHT
Fri 22nd Sept, 6pm - 8:30pm
£35pp
Get a true taste of Japan at this special Sake Tasting evening; experience the ancient rituals and flavours of rice wine in this award-winning Pan Asian restaurant.

MORPHOLOGY: JAZZ & PIZZA
RED ROSE CHAIN
Fri 22nd Sept, 7:30pm-10pm
£8pp (not including pizza)
Perfect for a night out with friends or a fun date night. Soak in the cool sounds of 1950s Californian jazz whilst devouring handmade, stone-baked pizzas prepared in the Red Rose Chain kitchen the old Italian way. Buon appetito!

LIVE MUSIC @ ISAACS
ISAACS ON THE QUAY
Sun 24th Sept & Sun 1st Oct, 3pm
Free (not including food or drink)
Have a relaxing Sunday afternoon in Isaacs over Forknight with live acoustic music, scrumptious food and a huge selection of drinks.

Café Français
ARLINGTONS
Tues 19th & 26th Sept & 3rd Oct, 10am-12pm & 8pm-9pm
£10pp (not including food or drink)
Parlez-vous français? Arlingtons Brasserie is holding French conversation classes in the morning for beginners and in the evening for more advanced speakers. A great excuse to enjoy some authentic French flavours, wines and atmosphere.

SECRET BEER CLUB
BEER & CO
Thurs 5th Oct, 7:30pm-9:30pm
£12pp
Join Beer&Co for an exclusive tasting evening exploring unique craft beers from across the UK. Secret location to be revealed, check the website for the latest updates.

OKTOBERFEST
CORN EXCHANGE
Fri 6th & Sat 7th Oct, 7:30pm
£18pp, £29pp VIP table (includes food and a pint of beer)
Brush the dust off your Lederhosen, Oktoberfest is back! Enjoy authentic Bavarian food and beer accompanied by foot-stomping, thigh-slapping music with The Oompah Band.

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Afternoon Tea Cruise
ORWELL LADY
Thurs 21st & 28th Sept, 2pm-5pm
£33 adults, £31 concessions
All aboard! Join Orwell Lady for a relaxing cruise down the River Orwell with traditional homemade sandwiches, scones and cakes with tea and coffee.

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Suffolk is celebrated for its range of truly local food and drink, from fishing and farming to locally brewed beer, cider, spirits and fruit juice, thanks to its unique geography and agricultural heritage. The county really is home to some of East Anglia's best producers and restaurants.

This local heritage, along with Ipswich's maritime and international trade history, has instilled the town with a diverse food and drink culture, unique to the town and its part of Suffolk. Ipswich has a local and international style that Forknight is proud to celebrate!

**RESTAURANTS & SHOPS**

**SUFFOLK FOOD HALL WHERSTEAD**

The name says it all! Suffolk Food Hall has the finest marketplace for quality local produce with a butcher, greengrocer, delicatessen, fishmonger, chocolatier and a wine and beer merchant. There’s also the Cookhouse Restaurant serving up their seasonal wares with panoramic views across the River Orwell.

**THE ARBOR HOUSE HIGH STREET**

Cosy, Shoreditch-style pub located between Ipswich Museum and Christchurch Park serving classic British dishes and their speciality tapas-style small plates; all made from local produce. Also serving craft beers from across Suffolk and East Anglia and holding regular tasting and Meet-the-Brewer nights.

**BISTRO ON THE QUAY WHERRY QUAY**

Housed in a former salt warehouse overlooking the waterfront, Bistro on the Quay is a relaxed, family friendly restaurant specialising in fresh, seasonal Suffolk produce including seafood from Orford and cheeses from Creeting St. Mary.

**JIMMY’S FARM PANNINGTON HALL LANE**

With traditionally reared, expertly matured meat for sale, all of the animals at Jimmy’s Farm are rare breed, free range and raised to the strictest quality standards. Visit the farm, see the herds graze in the countryside and discover all their wonderful produce in the Farm Shop.
Everyone wants to eat healthy but adapting your lifestyle to include healthy eating can seem a little daunting at first. Premier Sport gives you three simple steps you can take to make it much easier...

**STEP 1. MAKE A LIST**
Write down the things that you would like to change. Whether it’s the types of food you eat, portion sizes, snacking or even those weekend guilty pleasures.

**STEP 2. MAKE SMALL CHANGES**
You don’t have to cut things out completely - start small and gradually make bigger and bigger changes - by taking it one step at a time, it will end up coming naturally to you.

**STEP 3. HAVE FUN!**
Discover new flavours and try new dishes this Forknight. Trying new foods or exploring new recipes will not only allow you and your family to be more adventurous when it comes to eating healthy, but it will also add a new dimension to your cooking repertoire in no time.

**SO THERE YOU HAVE IT - IT’S AS EASY AS 1, 2, 3!**
For more advice on eating well and getting fit, visit ipswichforknight.com and search “Premier Sport”

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**RESTAURANTS & SHOPS**

**BEST SPOTS FOR HEALTHY EATING**

**WAGAMAMA**
**THE BUTTERMART SHOPPING CENTRE**
Japan is considered to be one of the healthiest countries in the world, mostly down to their low-sugar diet of fish, vegetables and rice. Wagamama takes the Japanese philosophy of food and serves nourishing dishes packed with fresh, healthy ingredients along with delicious super juices.

**GLOBAL FRUITS**
**BUTTERMART**
Traditional greengrocer selling fresh fruits and vegetables, from local producers along with Caribbean, Jamaican and Asian ingredients. Great for getting the freshest food into your diet and exploring exotic fruits and vegetables to spice-up a healthy diet.

**THE HEALTH STORE**
**BUTTERMART**
Independent health store with healthy food and drink alternatives, vitamins and supplements. Speak to the staff about what your health goals are; whether you’re looking to lose weight, reduce tiredness, sleep better or just improve your lifestyle.

**ZIZZI**
**ST NICHOLAS STREET**
If you want your Italian food fix but want a lighter option, Zizzi offers a delicious menu filled with exciting salads, skinny pizzas and vegan options - with many dishes under 600 calories.
GREAT VEGGIE AND VEGAN HOTSPOTS

Don’t be put off Forknight if you’re a veggie or a vegan, most restaurants across Ipswich feature some scrumptious options for you to fill your belly with...

MUSEUM STREET CAFÉ
MUSEUM STREET
100% meat-free!
A relaxed, canteen-style cafe serving up seasonal, home-cooked vegetarian and vegan meals. Museum Street Cafe serves soups, salads, pasta, curry and British favourites with cruelty-free twists! With an ever-changing menu, a favourite for many of Ipswich’s vegetarians and vegans.

AQUA EIGHT
LION STREET
Award-winning Pan Asian restaurant with a creative, fusion menu of flavours and spices taken from across China, Thailand, Indonesia and Asia. Made with fresh locally-sourced ingredients, there are plenty of vegetarian and tofu dishes to choose from and a new dedicated vegan menu!

COSY CLUB
THE BUTTERMART SHOPPING CENTRE
The quirky, eccentric and playful food offering at Cosy Club includes lots of choice for veggies and vegans. Try the vegan English Breakfast in the morning and later on, tuck in to meat-free and vegan-friendly tapas.

MIZU
CORNHILL
Traditional Asian noodle bar offering true flavours and atmosphere of Hong Kong. The extensive Pan Asian menu is filled with vegetarian and vegan options which are delicious and fresh off the wok.

25% OFF DURING FORKIGHT see the vouchers at the back.

DON’T MISS OUT:
Dairy-free mozzarella alternative available across the menu at PIZZA EXPRESS
Famous veggie chilli at The Greyhound. CHILLI NACHOS JUST £6 DURING FORKIGHT!
Veggie burgers at Byron Burger. 20% OFF ALL FOOD DURING FORKIGHT!
Great vegetarian options at MAHZEN
Delicious dairy-free sorbets at I-SCREAM

ANY 3 TAPAS DISHES AND A GLASS OF WINE FOR £12.50 during Forknight. See the vouchers at the back.

PROSECCO DEAL
buy 3 glasses and get the rest of the bottle free! See the vouchers at the back.

ANleitung des Vorgangs in einer Sprache, die in der heutigen Welt verbreitet ist.
AROUND THE WORLD IN 80 FLAVOURS

The town is alive with restaurants serving up delicious, exotic flavours from across the globe. Embark on a taste adventure around the world without ever leaving Ipswich.

FRANCE
THE WATERFRONT BAR BISTRO
REGATTA QUAY
A comfortable and relaxed atmosphere, a place to meet and eat some great French-inspired food, somewhere to feel special and enjoy yourself.

INDIA
A PASSAGE TO INDIA
FORE STREET
Offering fine Indian and Bangladeshi cuisine. Authentic, traditional and contemporary dishes served in a comfortable and relaxing surrounding, provides the very best Indian Bangladeshi experience.

MEXICO
CHIMICHANGA
CARDINAL PARK
Packing punches with rip-roaring renditions of Tex-Mex classics as well as brand new creations to liven-up your taste buds.

TURKEY
OTTOMAN
WOODBRIDGE ROAD
Ottoman invites you to delve into succulent dishes and venture into new realms of flavour. Offering the finest authentic Turkish experience.

AMERICAN
BYRON BURGER
THE BUTTERMARKET SHOPPING CENTRE

ITALY
VALENTINO'S
ST PETERS STREET
Everything you could want from an Italian; homemade pasta, alfresco dining, antipasto and Italian coffee liqueurs. A true Italian experience.

BRAZIL
RIOS
GREAT COLMAN STREET
An authentic Brazilian churrascaria and steakhouse, following the famous rodizio (rotation) style of cooking for savouring meat at its best served the traditional Brazilian way and all you can eat for one price!

JAPAN
WAGAMAMA
THE BUTTERMARKET SHOPPING CENTRE

For a full list of cuisines and restaurants in Ipswich, visit IPSWICHFORKNIGHT.COM
Skip the main meal and go straight for dessert! Satisfy your sweet tooth with a naughty treat at one of these spots across the town centre...

**I-SCREAM**
**ST PETERS STREET**
A unique take away ice cream parlour open all year round, selling bespoke ice cream sundaes, shakes and splits created right before your very eyes from a colourful selection of traditional ice creams, Italian gelatos, fresh sorbets and frozen yoghurts.

**MR SIMMS OLDE SWEET SHOPPE**
**TAVERN STREET**
Quaint, Victorian-style sweet shop to take you back to your childhood! Offering everything from jars of traditional sweets, contemporary pick & mix and a selection of luxurious handmade chocolates.

**KASPAS**
**UPPER BROOK STREET**
A funky, parlour-style dessert house with a mouthwatering menu of ice creams, gelatos, waffles, crêpes, milkshakes, smoothies and sundaes.

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**THORNTONS**
**TAVERN STREET**
High-street chocolatier with over 100 years of chocolate-crafting experience.

**KRISPY KREME**
**THE BUTTERMART SHOPPING CENTRE**
Fresh doughnuts made every day with delicious American-inspired flavours, fillings and glazes.

Maybe after you’ve eaten something sweet and delicious, you’ll be inspired to make your own version at home! Visit highstreetonline.com and browse the high street online for baking equipment, cooking utensils and cookbooks. Reserve or buy online and pick up when you’re next in town!
Buttermarket Ipswich is right in the heart of the town. With a great selection of stores to shop, restaurants to dine and 14 screens with the latest films at Empire Cinema... It’s easy to make a day of it!

The centre is fast becoming a “food hub” of Ipswich, with a fantastic range of restaurants celebrating food from around the globe. Boasting names such as Byron, Wagamama, Coast to Coast, Prezzo, Cosy Club and Revolution, the choice on offer is a culinary delight!

**Byron – Proper Hamburgers**

Byron is one of the best burger restaurants in town! With carefully sourced British beef, their burgers are cooked medium to ensure a tasty, juicy pattie, served with a soft bun and a pickle.

**Cosy Club**

Specialising in comfort-food classics along with a scrumptious brunch menu, an array of sandwiches and selection of tapas. Cosy Club offers great coffee, a selection of draught beers and ciders and enticing cocktails!

**Wagamama**

A Japanese-inspired menu created to soothe, nourish, sustain and inspire. Pick up rice and noodle dishes, fresh salads and shareable sides. In the name of Kaizen, ingredients are cooked fresh, full of colours and aromas.

**Coast to Coast**

Coast to Coast is home to some mind-blowing food. We’re talking burgers, steaks, subs and gastronomic wonders from the great states. But the sort of stuff you just can’t wait to get stuck into.

**Revolution**

By day, a relaxed and comfortable atmosphere where you can dine with friends or colleagues. By dusk, wind-down after work or get your night started with a mouth-watering handcrafted cocktail or homemade vodka.

**Prezzo**

Prezzo is passionate about serving a true taste of Italy. From bubbling pizzas and scrumptious pasta to delicious desserts and refreshing ice creams, Prezzo have all the ingredients to make your meal extra special.

**Krispy Kreme**

For an extra tasty treat, pop over to Krispy Kreme. Their donuts are made fresh every day with a huge selection of scrumptious flavours and varieties.

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Finding the perfect G&T or gin cocktail is an adventure you can't say no to. We've picked some of the classiest cocktails and quirkiest concoctions to help you find that perfect gin moment...

**GIN AND CHOCOLATE MOJITO, AURORA**
Beefeater gin, chocolate liqueur, creme de cacao and mint. The two most glorious things in one elegant glass; gin and chocolate - what could go wrong?

**SINGAPORE SLING, AURORA**
Something more exotic to give the taste buds a party; Beefeater gin, Cherry Marnier, lemon juice, pineapple juice, Grenadine and soda.

**BLACK RASPBERRY, COAST TO COAST**
A short drink bursting with flavour. Bombay Sapphire gin, Chambord, fresh lemon juice and sugar syrup all shaken and topped with soda.

**ELDERFLOWER COLLINS, COCK AND PYE**
Clean and crisp flavours of Tanqueray London Dry Gin combined with Bottlegreen elderflower cordial, soda, a sprig of mint and a lemon wedge. A charming English classic.

**RHUBARB & GINGER BRAMBLE, COSY CLUB**
1984, Fred’s Club, Soho, London. The classic Gin Fizz is ripped up and the Bramble is born. Tanqueray gin, rhubarb, ginger, lemon and cassis mixed with blackberries.

**A TASTE OF SUMMER, DEGEOSS**
A twist on the classic Long Island recipe to give a summery feel. Sloe Gin, Passoa, Tequila, Licor 43 and Cointreau, mixed with citrus fruits and Fever Tree Lemon Tonic.

**ADNAMS COPPER HOUSE, GREYHOUND**
Not really a cocktail but this famous Suffolk gin won GOLD at the 2017 International Wine and Spirit Competition. So all you need is tonic and a smile.

**FROSLOE, REVOLUTION**
Beefeater and Plymouth Sloe gins, strawberry, lime and cranberry juice, with a spoonful of strawberry jam. Don't be fooled by the name, this drink goes down fast.
With the rise in popularity of craft beers and independent brewers, there are enough flavours, colours and types of beer about to have a new favourite every week and the choice in Ipswich is pretty hard to beat...

**BRIARBANK BREWING COMPANY**  
**FORE STREET**

A one-of-a-kind bar located above its very own brewery, serving an array of hand-crafted beers, a large range of real ale alongside seasonal beers throughout the year. Briarbank also produces a monthly experimental beer and host of ever-changing guest beers and ciders. Briarbank Brewery Ales are also available at Isaacs on the Quay.

**ARCADE TAVERN**  
**ARCADE STREET**

Best Pub winner in the 2017 EADT Suffolk Food & Drink Awards, Arcade Tavern is home to over 120 types of bottled beers ranging from craft beers brewed from small independent brewers to quirky European beers, traditional American craft beers and exotic brands from across the globe.

**BEER&CO FESTIVALS & EVENTS**

Beer&Co hold regular festivals, events and tasting nights celebrating the best craft beers, specialist ciders, street food and entertainment. Look out for their Winter Beer & Wine Festival and their famous New Year Hootenanny.

**DON’T MISS OUT:**

Huge selection of Suffolk beers, ales and ciders available at  
**SUFFOLK FOOD HALL**

Over 70 beers, craft beers and ciders at  
**THE DOVE STREET INN**

World-class Adnams beers at  
**THE GREYHOUND**

Oktoberfest celebrations at the  
**CORN EXCHANGE**

Please drink responsibly. Find out more at  
www.drinkaware.co.uk
There’s always time for a catch-up over a pot of tea or your favourite coffee. Here are some of the best spots in Ipswich....

**Cuppa**

**Fancy a Cuppa**

There’s always time for a catch-up over a pot of tea or your favourite coffee. Here are some of the best spots in Ipswich....

- **Cult Cafe**
  University Avenue
  Trendy, diner-style café with fabulous views across the waterfront serving breakfast, brunch and live music in the evening.

- **Arlingtons Brasserie**
  Museum Street
  A casual off-street café and bar, perfect for daytime or evening. During the day you can join them for breakfast, morning coffee, light snacks, lunch or delicious afternoon tea.

- **The Salthouse Harbour Hotel**
  Neptune Quay
  Perfect if you’re taking time out from a hard day’s shopping, meeting friends during your lunch break or simply need that little something between lunch and dinner. Relax in the beautiful waterfront eaterie and soak up the service and atmosphere.

- **Pickwicks**
  Dial Lane
  One of Ipswich’s oldest cafés with a selection of teas and coffees in their 15th Century building, believed to have been the office of Thomas Wolsey’s secretary!

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**Rob’s Recipe**

**Brisket of Beef**

A family favourite recipe using beef and products from the fabulous Suffolk Food Hall

### Serves 6

#### Ingredients:
- A whole brisket of beef with our butcher’s ‘soon to be famous’ Aztec rub
- 3-4 large sweet potatoes
- 4-5 garlic cloves (Optional)
- Butter
- Salt and pepper
- Pickles
- Beef stock

If the joint is a little light in colour, turn temperature up to 190-200c for 15 mins until the joint is a lovely caramelised colour.

Roast the sweet potatoes whole (having pierced the skin with a knife) for around 1 hour until soft to the feel. If you fancy, add some unpeeled garlic cloves to the tray with 20 minutes to go. Scoop out the potato and garlic from the skins and mash with butter and season with salt and pepper. Use the pan juices and beef stock to make a gravy.

Serve slices of brisket on the sweet potato mash and Peter’s pickles on top of the brisket and the gravy around the side. Enjoy or as Lara, my daughter would say “Epic”!
If you don’t already have enough reasons to enjoy Food & Drink Forknight, maybe our exclusive collection of handpicked treats and offers will tempt you!

Just fill in the details at the back of each voucher and hand it in at the bar or when you receive your bill. Simple!

Visit ipswichforknight.com to find all the latest treats and exclusive offers from across Ipswich, East Anglia’s Waterfront Town.
Please tick the box if you would like to receive offers by email from All About Ipswich.

Fill in your details below to redeem your voucher:

FIRST NAME:
LAST NAME:
EMAIL:
DOB: __/__/__

Valid from 18th Sept – 1st Oct 2017

Valid Sun – Thurs until 1st Dec 2017

Valid until 1st Dec 2017
Fill in your details below to redeem your voucher:

FIRST NAME: ____________________________
LAST NAME: ____________________________
EMAIL: _________________________________
DOB: ___ / ___ / ___

☐ Please tick the box if you would like to receive offers by email from All About Ipswich.

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Food & Drink Forknight Voucher
Mizu
Valid from 18th Sept - 1st Oct 2017

25% off the final bill

FOOD & DRINK FORKNIIGHT VOUCHER
LADY KILLERS
Valid on 19th, 20th, 26th and 27th Sept 2017

FOOD & DRINK FORKNIIGHT VOUCHER
New Wolsey Café Bar
Cornhill
Valid from 18th Sept - 1st Oct 2017

FOOD & DRINK FORKNIIGHT VOUCHER
Ottoman Restaurant
Woodbridge Road
Valid from 18th Sept - 1st Oct 2017

This offer applies to the pre-show, two-course meal set menu. The offer is subject to availability and must be booked in advance.

Please tick the box if you would like to receive offers by email from All About Ipswich.

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Fill in your details below to redeem your voucher:

FIRST NAME: ____________________________
LAST NAME: ____________________________
EMAIL: _________________________________
DOB: ___ / ___ / ___

☐ Please tick the box if you would like to receive offers by email from All About Ipswich.

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MEAL PRE-SHOW
25% off the final bill

This offer applies to the pre-show, two-course meal set menu. The offer is subject to availability and must be booked in advance.

Please tick the box if you would like to receive offers by email from All About Ipswich.

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Fill in your details below to redeem your voucher:

FIRST NAME: ____________________________
LAST NAME: ____________________________
EMAIL: _________________________________
DOB: ___ / ___ / ___

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DOB: ___ / ___ / ___

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Food & Drink Forknight Voucher
New Wolsey Café Bar
Civic Drive
Only valid on 19th, 20th, 26th and 27th Sept 2017

Food & Drink Forknight Voucher
Ottoman Restaurant
Woodbridge Road
Valid from 18th Sept - 1st Oct 2017

Food & Drink Forknight Voucher
LADY KILLERS
PRE-SHOW MEAL
JUST £10

This offer applies to the pre-show, two-course meal set menu. The offer is subject to availability and must be booked in advance.

Please tick the box if you would like to receive offers by email from All About Ipswich.
FOOD & DRINK FORKNIIGHT VOUCHER

WAGAMAMA
Buttermarket Shopping Centre

Valid from 18th Sept - 1st Oct 2017

TWO COURSES FROM £9.95

PIZZA EXPRESS
Lloyds Avenue and Key Street

Valid from 18th Sept - 1st Oct 2017

COMPLIMENTARY REGULAR JUICE WITH ANY MAIN MEAL

REVOLUTION
Buttermarket Shopping Centre

Valid from 18th Sept - 1st Oct 2017

25% OFF ON SELECTED COCKTAILS

Set menu price dependent on restaurant.

Fill in your details below to redeem your voucher:

FIRST NAME:
LAST NAME:
EMAIL:
DOB: __/__/__

Please tick the box if you would like to receive offers by email from All About Ipswich.