



CABIN HIDEAWAYS

**ROB & KAREN'S
GUIDEBOOK
+
CABIN
INFORMATION**

Arrival Notes

Hello and Welcome!

We hope you managed to find us easily and are ready to start relaxing in your cabin hideaway. Please make yourself at home and let us know if we can do anything to help improve your stay.

You can call us using the telephone provided and the numbers are shown beside it, or pop to the house and ring the front doorbell. The homeowners are Rob & Karen who live in the main house with three out of their five children still at home, and Rob's mum who lives in the annexe next to us. **For your reference our address is 149 Dereham Road, Mattishall, Norfolk, NR20 3PD.**

Please help yourself to the provisions left for you in the kitchen, and please use any supplies you need. There are also spare toilet rolls in the bathroom cupboard. If your stay is for longer than a week, we will change the bedding and towels on the 7th day.

Feel free to walk around the gardens & paths to the side and rear of the main house, or sit on the benches, seats, and tables - especially nice if the sun is out. As we will all share the grounds at times, we trust that mutual respect will benefit everyone.

Please take care when leaving the main entrance/driveway, as you join straight onto a busy road. The mirrors opposite the driveway are there for your safety and assistance.

We want you to feel comfortable whilst here and don't want to set 'house rules', but there are just a few things we'd like to mention:

- **Please ensure that the front black gate is shut at all times to keep our children and pets safe.**
- It is very important not to put anything other than toilet paper down the toilet, as it is a pump system which will stop working if it gets blocked. We will have to charge for any repairs.
- Please refrain from smoking inside but you're welcome to smoke outside.
- When your rubbish bags are full, either on departure or during your stay, please tie them securely and leave outside the cabin. We will dispose of them for you.
- We would be grateful if you'd let us know of any accidental breakages during your stay, so that we are aware if something needs replacing or repairing before our next guests arrive.

Please note that departure time is at 10.30am. We will always try to be around when you leave, but if we are not available, please just leave the key in the lock of the cabin door.

On a final note, we'd really appreciate any helpful feedback from you in person and would be very grateful if you could take the time to leave a review on www.tripadvisor.co.uk and your booking website. Your reviews are extremely useful to us and future visitors, in our aim to ensure that everyone has a pleasant stay.

We hope you enjoy your break and feel happy to come back and stay with us again.

AIR CONDITIONER / HEATING UNIT (BASIC GUIDE)

On the remote control, press the **orange power** button to switch the unit on/off.

FOR COOL AIR

On the remote control press the **COOL** button, or press the **MODE** button until the **snowflake** symbol shows.

To set your desired temperature, use the **TEMP** up & down arrow buttons

Use the centre **SPEED** button to adjust fan speed.

(If you press the **QUIET** button, the unit will work at its quietest setting at low speed. This option is only available in cool mode).

FOR HEAT

Press **HEAT** button, or press the **MODE** button until a **sunshine** symbol shows.

To set your desired temperature, use the **TEMP** up & down arrow buttons

Use the centre **SPEED** button to adjust fan speed.

DISPLAY

When the unit is on, the front panel will show the temperature it is currently set to. To turn the display on/off press the **DISPLAY** button.

FOR FAN ONLY (NO TEMPERATURE)

Press the **MODE** button until a **fan blade** symbol shows. There is no temperature setting for this mode, it just circulates the air.

Use the centre **SPEED** button to adjust fan speed.

(For any of the above modes, if you need to change the direction the air is moving left/right, press **FLAP**. If you need to change the direction the air is moving up/down, press **SWING**).

If you require further information, please refer to the user manual in this folder.

APPLE TV OPERATION & FUNCTIONS

The Apple Remote is fairly basic, however clever, as the top selection is a track pad, which using your thumb or finger can navigate around the icons. If you press the track pad it works as a button to select your choice. When used with the Stereo it also controls the sound for you so no need for another remote. Play/Pause button stops and starts your programmes. Press Menu button to go back to main screen and backwards from options within apps.

Channels App – It's our own home TV system, which is like Sky or Freeview. Watch TV Channels and stop, start and pause. You can also record or put on timer any programmes you wish to watch later. Please feel free to share this App **BUT DO NOT** delete any of our programmes. Thank you.

PLEX App – It's our own Home Media Library. You can watch latest Movies in A New Folder. Movies, TV Shows, Music and Talking Books are all available folders for you. There are over a thousand titles to choose from, so we hope you can find something to enjoy.

Catch Up Apps – BBC iPlayer, ITV, Ch4, Ch5

Subscription Apps – Netflix, Amazon Prime, CBS, Hulu, NowTV. You can sign on to any of these if you already use them and have your own account.

News Apps – All free and usable.

Games Apps – Games that we have personally bought, but feel free to use them.

AIRPLAY – If you have a device/iphone, you can Airplay most things from your device to the Apple TV, which is helpful to play your own music or TV shows via your own apps or accounts.

Please PULL TV down using the handle bars below it, to the height you prefer. To push it back up use the same handles and guide it back up to the top.

TV Operation- Full Stereo Cinema Sound + Apple TV/DVD

Press **RED** button on the **TV Remote**

Press AV **Square box with arrow** (Top Right)

Use Arrows on centre of remote to **select HDMI/HD DVD**

Press **OK** button centre of arrow keys

Turn down the TV Volume using remote to Min

Press **MENU** button on **Apple TV Remote** (This turns it on)

Press **RED** button (top right) on **STEREO Remote**

Press **MEDIA PLAYER** button (this is the Apple TV)

You can now view and use all Apple TV apps and icons. The Apple Remote is also the Volume Control for the Stereo, so once above all done, can just use the Apple TV Remote for everything.

Stereo Options

You can select other options on the Stereo Remote.

1. Media Player is the Apple TV
2. DVD/BluRay is the DVD unit, and accepts BluRay, DVD, CD's.
3. FM is for the radio stations, you then have to change tuning programs.

DVD/ BluRay Player – Turn on using the DVD Remote labelled, if you are wishing to use it.

Please **PULL TV** down using the handle bars below it, to the height you prefer. To push it back up use the same handles and guide it back up to the top.

TV Operation

(Simple TV Only Version)

Press **RED** button on the TV Remote

Press AV **Square box with arrow** (Top Right)

Use Arrows on centre of remote to **select Antenna**

Press **OK** button centre of arrow keys

Press Guide button to see planner of channels, what's on!

Radio channels are top on the planner, 700+.

Please **PULL TV down** using the handle bars below it, to the height you prefer. To push it back up use the same handles and guide it back up to the top.

Local Restaurants/Takeaways

There are several places to eat or get takeaways in nearby Dereham (under 10 minutes), and a few even nearer to home.

CAFÉ/TEAROOMS:

Tabnabs Tearoom (Mattishall)

A personal favourite for breakfast. Popular café/tearoom with varied menu for breakfasts & light lunches. Cream Teas, Savoury Teas & Afternoon Teas available. Large selection of coffees/teas/infusions. Scones & cakes are baked daily. All food is cooked to order, so at busy times if you are in a hurry let them know.

Opening hours: Mon-Sat 9am - 4pm (Breakfast served 9-11/Lunch 11-3.30). Sun 10am – 4pm (Breakfast 10-11/Lunch 11-3.30pm). Closed Bank Holidays.

Distance 0.8 miles. Church Plain, NR20 3QF. Tel: (01362 850082)

Directions: Turn left out of the drive and stay on this road to the far end of the village. Turn right by the church onto Church Plain then right again into the square's car park. Walk down into the courtyard (to the right of Victoria Stores).

Café Verde (Mattishall)

Serves good quality homemade family food, using fresh local ingredients. Fresh cakes and pastries. Day and evening menus so you can pop in for brunch, lunch, or just a fancy coffee & light bite, or have a three course dinner. Sunday Carvery (booking is advisable).

Opening hours: Mon-Fri 9am - 4pm. Sat-Sun 9am – 3pm (breakfasts served until 11am Saturday, 10.4am Sunday). Please check for Bank Holiday hours.

Distance 1.7 miles. South Green Park, Mattishall, NR20 3JY. Tel: (01362) 857157

Directions: Turn left out of the drive and stay on this road to the far end of the village. Turn right by the church onto Church Plain. Follow the road round to the left and after half a mile take the left turn (into South Green Park/Poultec). Follow road round to the right.

Poppies Café & Bistro (Yaxham)

Large café with inside and outdoor dining. Breakfast available 8am - 11am Mon - Sat, 9am Sunday.

Lunch menu 11am-close, cakes, kids menu, pizzas & burgers, and Afternoon Tea (book in advance).

Vegan, vegetarian, and gluten free options. For small children there is also a small enclosed playground, and a farmyard area with a goat, ducks and pond.

Distance 2.2 miles. Approx 6 mins drive.

Yaxham Waters Holiday Park, Dereham Road, Yaxham, NR19 1RF. Tel: (01362) 562019

Directions: Turn right out of the driveway and just stay on this road towards Dereham. After the bend in Yaxham village, the café is on the left. Easy to find, with their own car park.



Local Restaurants/Takeaways

The Goat Shed Kitchen & Farm Shop (Honingham)

In the Kitchen, hot food, all day breakfasts, cakes and drinks are served inside or outside on the terraced area. Open daily Mon-Sat 8am-6pm, Sunday 10am-4pm, hot food is served until 4pm but you can stay and enjoy hot drinks until 5pm.

The large Farm Shop supports local suppliers and Norfolk artisan produce. Selling a good selection of fresh local fruit & vegetables, Farm to Fork meats, fish, bread, milk, ice creams, take-away coffee and drinks including Norfolk gin! They also make their own cheese for sale in the cheese shop.

Distance 4.5 miles. Approx 9 mins drive. Fieldings, Honingham, NR9 5DJ. Tel: 01603 880685

Directions: Turn left out of the driveway and stay on this road through Mattishall village, then East Tuddenham for a total of 4 miles. Keep going past the junction to Barnham Broom Road and then take the next right. Follow the road up a small hill for 0.3 miles then take the first left. Follow road downhill, round a sharp bend and the Goat Shed will be on the left.

PUBS/FOOD:

The Swan Inn (Mattishall, opposite the church)

Traditional Freehouse village pub with a lively bar serving real ales plus restaurant with an extensive Grill & Burger menu all made to order. Homemade Pie of the Day & specials board. Carvery 12-3pm then normal menu. Large garden, outdoor seating, ample parking.

Opening hours: Sat: Food 12-9pm/Bar 12-11pm. Sun: Food 12-5pm/Bar 12-7pm. Mon: Closed. Tues-Thurs: Food 12-2.30pm/6-8.30pm Bar 12-11pm. Fri: Food 12-9pm Bar 12-11pm.

Distance 0.9 miles. Dereham Road, NR20 3QB. Tel: (01362) 858910

The Railway Tavern (Dereham)

Fish & Chips to eat-in or takeaway. Gluten & wheat free options, best to pre-order by phone. It is also a busy, lively pub with a big range of draught lagers, real & guest ales, over 50 gins. Live sports shown on multiple screens inside & out. Pool table. Happy Hour on Friday 4-6pm. Limited parking outside or in nearby shop car parks. *Opening hours: Mon-Sat 11.30am - 10pm. Sun 11.30am - 9pm.*

Distance 3.7 miles. 21-23 Yaxham Road, Dereham, NR19 1HB. Tel: (01362) 288166

Directions: Turn right out of the driveway towards Dereham and just stay on this road nearly all the way. When you get to the roundabout at the end of the road, turn left onto Yaxham Road/A1075 and continue straight. Stay in the right-hand lane at traffic lights to go straight on, after 50 feet turn right into the Railway Tavern forecourt.

The George pub (Dereham centre). **Temporarily Closed.**

18th Century inn with spacious bar serving locally produced ales & classic pub food. A separate restaurant, conservatory & outdoor terrace. *Opening hours: Pub/Bar: Daily 11am - 11pm. Restaurant: Mon-Fri Breakfast 9am - 11am. Lunch 12pm-2pm. Dinner 6pm-8.30pm. Sat/Sun (no breakfast). Distance 4 miles. 19 Market Place, Swaffham Road, Dereham, NR19 2AZ. Tel: (01362) 696801*

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Stay on this road for 2 miles, at the end of road turn left onto Norwich Road. After 0.7 miles turn right onto Crown Road, turn left onto Theatre Street and at the roundabout take 2nd exit and follow road round the bend, the car park is about 300 feet on the left.



Local Restaurants/Takeaways

PUBS/FOOD:

The Greenstone (Dereham)

Marston Inn. Reasonably priced. Most popular for their roast carvery buffet but there is also a regular menu of pub classics, salads, desserts and indulgent cakes. Vegetarian options. Cooked breakfasts (limited times). Good bar selection. Outdoor seating also available and playground. Own car park.

Opening hours: Mon-Sat 11am - 11pm. Sun 11am - 10pm. (Bank Holidays may differ).

Distance 2.7 miles. Napier Way, Dereham, NR19 1FS. Tel: (01362) 788080

Directions: Turn right out of the driveway towards Dereham and just stay on this road nearly all the way. When you get to the roundabout at the end of the road, turn left onto Yaxham Road/A1075 and after a short distance (by McDonalds) take first left into Dereham Business Hub. Follow the road and take first left, then follow road round to the right. Their car park is on the left.

The Romany Rye (Dereham centre)

Wetherspoon pub serving variety of pub food, freshly made pizzas & gourmet burgers. Breakfast served until 12 noon with free refills of tea & coffee (all day, every day). Also has an outdoor area and free wifi. Some parking on the street, in town or car park within 50 metres.

Opening hours: Mon-Thurs & Sunday 7am – midnight. Fri/Sat 7am - 1am (Subject to change).

Distance 4.1 miles. 16 Church Street, Dereham, NR19 1DL. Tel: (01362) 654160

Directions: Turn right out of our driveway, follow the road for a short while and take the first right (Stone Road). Stay on this road for 2 miles, at the end of road turn left onto Norwich Road. After 0.7 miles turn right onto Crown Road, turn left onto Theatre Street. At the roundabout take 1st exit onto High St and follow road round, pub is on the right.

Barnham Broom Golf/Hotel (Honingham)

An award-winning restaurant, Brasserie, Bar, and a more informal Sports Bar with meals and snacks, or you can book ahead for a special Afternoon Tea. Open to all, you can just go to enjoy a hot drink or cocktail in relaxing surroundings, either in the lounge by the fire during winter, or on warmer days sit outside on the large terrace overlooking the golf course. Lovely location and nice place to relax with food or drinks, very easy to reach.

Distance 5.3 miles, 11 mins drive. Honingham Road, Barnham Broom, NR9 4DD. Tel: 01603 759393

Directions: Turn left out of the drive and stay on this road for 5 miles/9 mins. When you get to a crossroad junction on this road, turn right onto Barnham Broom Road. Continue on this road for about half a mile and you will see the main entrance on your left, with car parks. The main hotel entrance is opposite where you drove in. When you go in walk towards the right, and you will find the restaurants/bar or ask at reception upon arrival.

Local Restaurants/Takeaways

If you want takeaways delivered feel free to give our address, but if possible, please meet them outside the black gate at the front of our main house, to make it easier.

CHINESE:

Wonderfood (Dereham)

Personal favourite. Takeaway - you can collect or get free local delivery service (min order £13). You can place your order ahead by phone. Good quality food, generous portions, extensive menu & always hot.

Cash, or cards (minimum order £12). No parking facilities but can park briefly outside on street.

Opening hours: Monday closed. Sun/Tues/Wed/Thurs/Fri 5-11pm. Open all Bank Holidays.

Distance 3.2 miles. 43 Norwich Road, East Dereham, NR19 1AD. Tel: (01362) 692230

Directions: Turn right out of our driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road. Continue straight, through the traffic lights and shortly after you will see the shop on the left.

Sunflower House (Dereham)

Recommended. Takeaway is collection only, no delivery, but if you can be bothered to go out it's worth it. You can place your order ahead by phone to save waiting. Great quality and extensive menu. Parking right outside. Cash, or cards (min order £10. There is a free cashpoint in One-Stop shop next door).

Opening hours: Tuesday closed. Sun/Mon/Wed/Thurs 5-10pm. Fri-Sat 5-10.30pm. Open all Bank Holidays.

Distance 3.1 miles. 41 Norwich Road, East Dereham, NR20 3AS. Tel: (01362) 691213

Directions: Turn right out of our driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road, continue until you see a small parade of shops on the right and turn right into the parking area.

INDIAN:

Rani's Indian Dining (Yaxham)

Personally recommended (say Rob Nunn sent you)! Lovely local curry house to dine in with bar & nice surroundings. Outside tables for summer dining. Takeaway-collection only, discount on orders over £15.

Opening hours: Lunch Sat-Thurs 12pm – 2pm (not Friday). Evening Mon-Sun 5pm – 10.30pm. Please enquire for Bank Holidays.

Distance 1.7 miles. Norwich Road, Yaxham, NR19 1RP. Tel: (01362) 692515 / 691369

Directions: Turn right out of the driveway and just stay on this road towards Dereham. The restaurant is on the left. Easy to find, with their own car park.

Spice Fusion (Dereham)

Personal favourite. Dining and bar, nice atmosphere, modern setting. Great quality food and extensive menu. Takeaway or free home delivery service Sun-Thurs only (min order £15). Discounts on collections (min orders apply & may require payment in cash). Some parking outside & car parks available within a few mins walk.

Opening hours: Sun-Thurs Lunch 12pm - 2pm. Evening 5pm – 11pm. Fri/Sat 5pm – 11.30pm

Distance 3.9 miles. 25 Wellington Road, Dereham, NR19 2BP. Tel: (01362) 288775 / 288805

Directions: Turn right out of our driveway, follow the road for a short while and take the first right (Stone Road). Stay on this road for 2 miles, at the end of road turn left onto Norwich Road. After 0.7 miles turn right onto Crown Road and after 0.6 miles the restaurant will be on your left, with a small car park beside it.



Local Restaurants/Takeaways

FISH & CHIPS:

Mattishall Fish Bar (by the church)

Our first choice for local Fish & chips. Takeaway only. Vegetarian options. You can place your order ahead by phone. Cash only.

Opening hours: Sun/Mon Closed. Tues-Sat Eve 4.30pm – 8.30pm. Fri/Sat Lunch 11.30am - 1.30pm.
Distance 0.9 miles. About 5 mins drive. Church Plain, NR20 3QE. Tel: (01362) 858219

Directions: Turn left out of the driveway and stay on this road to the far end of the village. At the church turn right and its immediately on the left with some parking spaces outside.

The Rembrandt Restaurant (Easton, towards Norfolk Showground)

Fish & chips. All of our family can recommend here. High quality food, best to eat-in (a bit far for takeaway, about 12 mins). Licensed, comfortable, casual & friendly. To avoid disappointment, it might be safer to book a table as it can get busy at weekends and some evenings. Gluten Free options.

Opening hours: Sun/Mon Closed. Tues-Sat Lunch 11.30am – 1.30pm. Tues-Sat Eve 4.30pm - 10pm.
Distance 6.4 miles. 65 Dereham Road, Easton, NR9 5EH. Tel: (01603) 880010

Directions: Turn left out of the driveway and stay on this road for about 4.5 miles until you reach a roundabout. Take the 2nd exit onto A47, stay on this road and at the next roundabout take 3rd exit (Dereham Road). Stay on this road to Easton and about half a mile the restaurant is on your right.

The Railway Tavern (Dereham)

Fish & Chips to eat-in or takeaway. (For further info, look under Pubs/Food).

PIZZAS/BURGERS/KEBABS:

Star OK Kebab Shop

Personally recommend. Takeaway-they do free delivery (min order £16), but we find it better to collect and easier to ensure you get exactly what you want. With an extensive menu including Doner/Shish Kebabs, Chicken Shawarma, and choice of pitta bread or wraps. Nice pizzas, burgers, chips, chicken dishes, various starters & side dishes, desserts and meal deal offers. (Card payments only if over £10). Very popular with a good reputation, open since 1991.

Open 7 days a week: Sun-Thurs 4pm - Midnight. Fri/Sat 3pm – 2am!

Distance 3.9 miles. Cowper Road Car Park, Dereham, NR19 2DA. Tel: (01362) 691700

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Stay on this road for 2 miles, at the end of road turn left onto Norwich Road. Continue straight, through the traffic lights at railway crossing and turn right at the next traffic lights. Follow road round to the left and take first left into car park, go straight and shop is on the right.

Local Restaurants/Takeaways

PIZZAS/BURGERS/KEBABS:

McDonalds

Eat-in, Drive-Thru, outdoor seating.

Open 24 hours daily (Bank Holidays may differ).

Distance 2.7 miles. Yaxham Road, Dereham, NR19 1FS.

Directions: Turn right out of the driveway towards Dereham and just stay on this road nearly all the way. When you get to the roundabout at the end of the road, turn left onto Yaxham Road/A1075 and after a short distance take first left into Dereham Business Hub. Follow the road and take first left, then immediately left.

Domino's Pizza

Collection is far cheaper as you can get better meal deals, but they will deliver to here if preferred. You can phone your order ahead to save waiting, or you can order online if you have the Domino's app.

Opening hours: Mon-Sun 11am – 10.45pm. (Bank Holidays may differ). About 10 mins drive.

Distance 4.5 miles. 52 Swaffham Road, Dereham, NR19 2DL. Tel: (01362) 853853

Directions: Turn right out of our driveway, follow the road for a short while and take the first right (Stone Road). At the very end of the road turn left onto Norwich Road, in less than a mile turn right onto Crown Road. Turn left onto Theatre Street, at the roundabout take 2nd exit (Market Place). In 400 feet follow road round to the left (Swaffham Rd/B1146) for 0.2 miles then turn left onto Bridge Court, left again, then right.

Local General Shopping

Dereham is our nearest town and is only about 10 mins drive. There are a number of high street shops and banks in the centre which cater quite well for most needs, plus a Co-Op and Iceland food stores. There is also a small and quaint cinema in the Market Place.

On the outskirts of the town there is a large Tesco, Morrisons, Aldi, Lidl, and small M&S food store within the BP garage nearby.

Directions to Dereham Town Centre/Market Place: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road and continue a little way past a small parade of shops, then turn right onto Crown Road. After 0.7 miles turn left onto Theatre Street, at roundabout take 1st left onto High Street and soon after on the right is the Market Place car park.

Distance 4.3 miles.

One Stop (Convenience store)

Our nearest larger shop outside of village, everyday groceries, newspapers, alcohol and a cashpoint. Very useful with longer opening hours.

Opening hours: Daily 6am - 10pm.

Distance 3.1 miles. 39 Norwich Road, Dereham, NR20 3AS.

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road, continue until you see a small parade of shops on the right and turn right into the parking area.

Co-op Foodstore

Opening hours: Mon-Sat 7am - 10pm, Sunday 10am – 4pm.

Distance 4 miles. 36 Market Place, East Dereham, NR19 2AP.

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road. Stay on this road going straight on at the traffic lights by railway crossing. At the next lights turn right, follow road round until you get to the rear of the store and its own car park. (You can also park in the Market Place but there are fewer spaces available).

Iceland

Opening hours: Mon-Sat 8am - 6pm, Sunday 10am – 4pm.

Distance 4 miles. 10 Nelson Place, East Dereham, NR19 1EA.

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road. Stay on this road going straight on at the traffic lights by railway crossing. At the next lights turn right, follow road and just round the bend on the left is entrance to car park. The store is a short walk opposite.

Morrisons - Groceries, Kids Clothing, Petrol Station, Car Wash

Store opening hours: Mon-Sat 7am – 10pm, Sun 10am – 4pm.

Petrol Station: Mon-Sat 6am – 10pm, Sun 8am – 6pm.

Distance 3.4 miles. 8 Station Road, Dereham, NR19 1DF.

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road. Stay on this road & turn left at the traffic lights by railway crossing, turn right shortly after.



Local General Shopping

Tesco Extra - Groceries, Clothing, Petrol Station, Car Wash & Valet

If you wish, you can order online for home delivery or use Click & Collect (order online but collect yourselves from outside the store).

Store opening hours: Mon-Sat 6am - Midnight. Sunday 10am - 4pm. Bank holidays may differ.

Petrol Station opening hours: Mon-Sat 6am - 9pm. Sunday 7am - 9pm. Bank holidays may differ.

Distance 3.4 miles. Kingston Road, Dereham, NR19 1WB.

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, take the left slip road onto A47 to Swaffham, merge onto the A47 and stay in left lane. Take next exit A1075 and at roundabout take 1st exit, take 1st exit at next roundabout and go straight on at mini roundabout to car park, or there is further parking around the corner.

Costa Coffee

Inside the Tesco store, upstairs.

Opening hours: Mon 8am - 7pm. Tues-Sat 7am - 7pm. Sun 10am - 4pm - 6pm.

Lidl

Opening hours: Mon-Sat 8am - 10pm, Sun 10am - 4pm.

Distance 3.4 miles. Kingston Road, Dereham, NR19 1WB.

Follow main directions to Tesco, as above.

Aldi

Opening hours: Mon-Sat 8am - 10pm, Sun 10am - 4pm.

Distance 3.4 miles. Napier Way, Dereham, NR19 1FS.

Directions: Turn right out of the driveway towards Dereham and just stay on this road nearly all the way. When you get to the roundabout at the end of the road, turn left onto Yaxham Road/A1075 and after a short distance (by McDonalds) take first left into Dereham Business Hub. Follow the road round to their car park right in front of store.

Roys (small department store)

Opening hours: Mon-Fri 8.30am - 8pm, Sat 8.30am - 7pm, Sun 11am - 5pm.

Distance 3.6 miles. Yaxham Road, Dereham, NR19 1HD.

Directions: Turn right out of our driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, take the left slip road onto A47 to Swaffham, merge onto the A47 and stay in left lane. Take next exit A1075 and at roundabout take 3rd exit, at traffic lights turn left, follow road round into their car park.

A number of other shops can also be found on Yaxham Road (see above for main directions), such as: Halfords / Jollyes (pet store) / Pauls Cycles (bike shop) / Homebase / Poundstretcher

Cashpoints

Morrisons (outside the store)

One-Stop (inside store)

Tesco (outside the store)

Various in Dereham town centre

General Shopping

There are additional large shops at Longwater Retail Park, Costessy, NR5 0JS, off the A47. Approximately 14 mins drive, 7.8 miles away.

You will find the following stores there, all with plenty of free parking:

Sainsburys - Groceries, Clothing, Café, Petrol Station, Car Wash

Fuel is usually cheaper here.

Store opening hours: Mon-Sat 7am - 10pm. Sunday 10am - 4pm. Bank holidays may differ.

Petrol Station opening hours: Mon-Sat 5am - 11pm. Sunday 7am – 11pm. Bank holidays may differ.

McDonalds
The Range
Smyths Toys
Boots
M&S Simply Food
Pets at Home
Sports Direct
Argos
Greggs
Costa Coffee
Pizza Hut

There is also a Next Home & Garden store, but on the other side of the road, opposite Sainsburys.

Directions to Retail Park:

Turn left out of the drive and stay on this road for about 4.5 miles until you reach a roundabout. Take the 2nd exit onto A47, stay on this road and at the next roundabout take 2nd exit (A47). After 1.4 miles exit left (A1074), stay in left hand lane and at big roundabout take 1st left (William Frost Way). Take the next left turning if you want Sainsburys or McDonalds.

If you want any of the other shops (except Next) still exit 1st left at big roundabout, but continue straight on William Frost Way then take 2nd exit at roundabout, then first exit at next roundabout. Turn right at small roundabout into the retail park.

For Next you still need to exit 1st left at big roundabout, but continue straight on William Frost Way then take 5th exit at roundabout

To return: Depending what shops you are coming from, find your way back to William Frost Way heading in the opposite direction and back to the big roundabout. Take 3rd exit (to Swaffham), stay in right hand lane. Shortly after at the next roundabout take 3rd exit onto A47/Swaffham sliproad. Merge onto A47 bypass and at next roundabout take 2nd exit, continue to next roundabout and take 1st left onto Norwich Road. Stay on this road until you reach Mattishall.

General Shopping

Norwich Shopping Mall (Norwich)

Castle Quarter is a 5-floor shopping centre with a huge variety of brand-name/high street shops, activities, restaurants and cinema, in the heart of Norwich.

Distance 18.5 miles, approximately 30 minutes. 100 Castle Meadow, Norwich, NR1 3DD.

Directions: Turn left out of the driveway and stay on this road for about 4.5 miles until you reach a roundabout. Take the 2nd exit onto A47, stay on this road and at the next roundabout take 2nd exit (A47). Head for Norwich City Centre on the A1074 and follow the signs for The Castle or Castle Quarter. There are entrances to the car parks on Market Avenue & Farmers Avenue. When using a Sat Nav use postcode NR1 3JQ for Market Avenue car park 1 – there are also free EV charging points in this car park on Level A.

NB: the ticket machines are all cashless & only accept card payments.

Or you can drive to Thickthorn Park and Ride (Norwich Road, Hethersett, NR9 3AU (A11/A47), leave your car there and catch the bus into the city centre, ask for Castle Quarter. Tickets are between £2-£4. Buses run every 15 mins.

Fancy something a bit different?

If you prefer to see the historical side of Norwich with ancient, cobbled streets, visit Princes Street which is full of charm and character, with a mixture of restored 16th/17th century buildings blended with modern homes and offices. Leading off Princes Street is the winding, cobbled Elm Hill, probably the best-loved street in the city. With antique shops and the historic Britons Arms, a thatched and timber building which was once a nunnery and an Inn, dating back to the 14th century. In recent times it was run as a charming coffee house & restaurant for 69 years, until it closed at the end of 2020. If it reopens again in some form, it is worth a visit.

Distance 13 miles, approximately 29 minutes. Princes Street, Norwich, NR3 1AZ.

Mattishall
EXPRESS FISH BAR

01362 858219

1 CHURCH PLAIN MATTISHALL
 DEREHAM NR20 3QE



OPENING HOURS

	lunch	dinner
MONDAY	closed	closed
TUESDAY	closed	4.30pm - 8.30pm
WEDNESDAY	closed	4.30pm - 8.30pm
THURSDAY	closed	4.30pm - 8.30pm
FRIDAY	11.30am - 1.30pm	4.30pm - 8.30pm
SATURDAY	11.30am - 1.30pm	4.30pm - 8.30pm
SUNDAY	closed	closed

FISH

	Regular	Large
Cod	£5.20	£6.20
Cod Bites	(1) £1.20 (4) £4.20	
Haddock	£5.20	£6.20
Plaice	£5.20	£6.20
Rock	£5.70	£6.20
Fish Cake	£1.30	
Scampi (10)		£4.20

EXTRAS

Battered Sausage	£1.10
Jumbo Sausage	£1.60
Saveloy	£1.60
Onion Rings (10)	£2.20
Spring Roll	£1.30
Vegetable Roll	£1.30
Curry Roll	£1.30
Curry Sauce	£1.60
Mushy Peas	£1.10
Gherkins	£0.70
Pickled Eggs	£0.70
Pickled Onions	£0.70
Bread Roll	£0.50
Pineapple Fritter	£1.30

CHIPS

	Regular	Large
Chips	£2.00	£2.50

PIES

Steak & Kidney	£2.70
Chicken & Mushroom	£2.70
Beef & Onion	£2.70

BURGERS

Beef Burger	£1.70
Chicken Burger	£1.70

CHICKEN

Chicken Nuggets (10)	£4.00
Chicken 1/4 portion	£4.00

DRINKS

Cans	£1.00
Bottle 500ml	£1.50
Bottles 1.25ltr	£2.00



Mattishall
EXPRESS FISH BAR

01362 858219

1 CHURCH PLAIN MATTISHALL
 DEREHAM NR20 3QE

SET MEALS

A1 FOR ONE PERSON £9.10

Sweet & Sour Pork Balls (6)
Chicken Chop Suey
Special Fried Rice

A2 FOR ONE PERSON £9.10

Sweet & Sour Chicken Balls (6)
Beef with Black Bean Sauce
Special Fried Rice

A3 FOR ONE PERSON £9.10

Sweet Corn Soup
Crispy Chilli Beef (Shredded)
Chicken Chow Mein

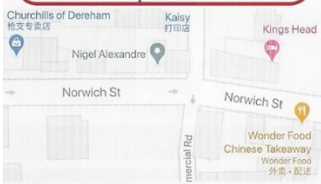
CHILDREN'S HAPPY MEAL



WITH FREE TOY

£4.00 PER PERSON

Mini Vegetarian Spring Rolls
Onion Rings
Chicken Nuggets
Chips & Drink



ALLERGY ADVICE

Most of our dishes contain GARLIC, SOYA, GLUTEN, COOKING WINE & SESAME OIL.
Some of our dishes may contain these 14 allergens as follows:



If you have any allergies to these products please inform us before ordering. We will do our best to advise you.

One Heart Design: 0788 266 4666

B1 MINIMUM TWO PERSONS

£9.80 PER PERSON

Crispy Seaweed, Spring Roll
Smoked Chicken
Beef in Black Bean Sauce
Sweet & Sour Pork (Hong Kong Style)
Special Fried Rice

B2 MINIMUM TWO PERSONS

£10.80 PER PERSON

Crispy Seaweed, Spring Roll
Satay Chicken on Skewers
Sweet & Sour Chicken Balls
Beef with Oyster Sauce
Crispy Chilli Chicken (Shredded) ✓
Special Fried Rice

C MINIMUM TWO PERSONS

£12.90 PER PERSON

Crispy Seaweed, Spring Roll
Sesame Prawn on Toast
King Prawn with Ginger & Spring Onion
Chicken with Cash Nuts
Stir Fried Bean Sprouts
Crispy Chilli Beef (Shredded) ✓
Special Fried Rice

D MINIMUM TWO PERSONS

£15.50 PER PERSON

Crispy Seaweed
Cheese Mushrooms
Sesame Prawn on Toast
Spare Ribs
1/4 Aromatic Crispy Duck
Chicken with Cashew Nuts
Beef with Black Bean Sauce ✓
Cantonese King Prawn
Stir Fried Bean Sprouts

Wonderfood

CHINESE FOOD TO TAKE AWAY

OPEN 6 DAYS A WEEK

MONDAY CLOSED

SUN-THUR 5:00pm-11:00pm

FRI-SAT 4:30pm-11:00pm

OPEN ALL BANK HOLIDAYS

FREE OFFER

Order Over £13
Get Free Prawn Crackers
Order Over £35
Get Free Prawn Crackers
And Bottle of Soft Drink



FREE DELIVERY SERVICE IN DEREHAM

Minimum order £13
Outside of Dereham Area Will
Have a Delivery Charge



TELEPHONE ORDERS WELCOME

01362692230

43 Norwich Street, Dereham Norfolk, NR19 1AD

www.wonderfood.co.uk

APPETISERS

1	Mixed Hors D'oeuvres (For Two Persons) (Sesame Prawn Toast, Spare Ribs, Crispy Won Ton, Seaweed, Crispy Spring Rolls, Satay Chicken on Skewers, Served with Satay and Sweet & Sour Sauce)	£8.50
1A	Mixed Salt & Pepper ✓ (Spare Ribs 2, Chicken Wing 2, Veg Spring Rolls 2, Chicken Balls 2 and Chip Salt & Pepper Chicken and Curry Sauce)	£9.99
2	Crispy Seaweed	£4.00
3	Beansprouts Spring Rolls (2)	£3.00
4	Spring Rolls (4)	£3.90
5	Crispy Cheese Mushroom (6)	£4.40
6	Spare Ribs (Dry)	£5.70
7	Salt & Pepper Ribs ✓	£5.90
8	Spare Ribs with Barbecue Sauce	£5.90
9	Capital Ribs	£6.00
10	Kung Po Ribs ✓	£6.00
11	Salt & Pepper King Prawn ✓	£5.70
11A	King Prawn With Honey Sauce	£6.00
12	Prawn Rolls (8)	£5.40
13	Sesame Prawn on Toast (6)	£5.30
14	Butterfly King Prawn (8) (Served with Lemon)	£5.50
15	Crispy Won Ton (8) (with Sweet Sour Sauce)	£4.00
16	Satay Chicken on Skewers (4)	£5.60
17	Chicken Cheese Rolls (5)	£4.20
17A	Chicken With Honey Sauce	£5.80
18	Salt & Pepper Chicken ✓	£5.50
18A	Salt & Pepper Shredded Chicken ✓	£5.60
19	Salt & Pepper Chicken Wings ✓	£5.30
20	Capital Chicken Wings	£5.50
21	Crab Claws (6) (Served with Lemon)	£4.60
22	Prawn Crackers	£2.50
22A	Grilled Pork Dumplings (6)	£5.00
22B	Grilled Chicken Dumplings (6)	£5.00
22C	Sweet & Sour Mixed Balls (Chicken Balls, Pork balls and Prawn Balls)	£5.80



SOUP

23	Wan Ton Soup (a Clear Meatball Soup)	£3.30
24	Hot & Sour Soup ✓	£3.10
25	Chicken & Sweet Corn Soup	£3.00
26	Crab Meat & Sweet Corn Soup	£3.00
27	Sweet Corn Soup	£2.90



28	Chicken & Mushroom Soup	£3.00
29	Mixed Vegetables Soup	£2.90
30	Tom Yam Soup ✓	£3.10

RICE DISHES

31	House Special Rice (Mixed Meat & King Prawn with Mixed Vegetables in Light Oyster Sauce)	£6.20
32	Singapore Fried Rice ✓	£5.70
33	Special Fried Rice (Dry)	£5.70
34	King Prawn Fried Rice	£6.20
34A	Shrimp Fried Rice	£5.60
35	Roast Pork & Roast Duck Fried Rice	£5.90
35A	Roast Pork & Chicken Fried Rice	£5.90
35B	Roast Duck & Chicken Fried Rice	£5.90
36	Shredded Duck Fried Rice	£5.90
37	Chicken Fried Rice	£5.60
38	Roast Pork Fried Rice	£5.60
39	Egg Fried Rice (Medium)	£3.20
40	Boiled Rice (Medium)	£3.00



CHOW MEIN DISHES


(Fried Noodles with Bean Sprouts & Onion) (Large Container)		
41	House Special Chow Mein (Mixed Meat & King Prawn with Mixed Vegetables in Light Oyster Sauce)	£6.20
42	Singapore Rice Noodles ✓	£5.70
43	Singapore Chow Mein ✓	£5.60
44	Special Chow Mein (Dry)	£5.60
45	King Prawn Chow Mein	£6.20
45A	Shrimp Chow Mein	£5.60
46	Shredded Duck Chow Mein	£6.00
47	Beef Chow Mein	£5.70
48	Chicken Chow Mein	£5.70
49	Roast Pork Chow Mein	£5.70
50	Plain Chow Mein (Medium)	£4.10



DUCK DISHES

51	Aromatic Crispy Duck	1/4 £8.50	1/2 £15.50
(Served with Pancakes Per Quarter, Spring Onion, Fresh Cucumber Hoi Sin Sauce)			
52	Duck with Mixed Vegetables	£6.00	
53	Duck with Mushroom	£6.00	
54	Duck with Lemon Sauce	£6.00	
55	Duck with Orange Sauce	£6.00	
56	Duck with Oyster Sauce	£6.00	



57	Duck with Bamboo Shoot & Chinese Mushroom	£6.00	
58	Duck with Black Bean Sauce	£6.00	
59	Duck with Pineapple	£6.00	
59A	Duck Chinese Style	£6.00	

SEAFOOD DISHES

60	Stir Fried Squid with Mixed Vegetables	£6.10	
61	Stir Fried Squid with Black Bean Sauce	£6.10	
62	Stir Fried Squid with Sea Spicy Sauce	£6.10	
63	Quick Fried Squid in Salt & Pepper	£6.10	
64	Stir Fried Squid & King Prawn in Light Oyster Sauce	£6.10	
65	Green Mussels in Black Bean Sauce	£6.10	
66	Green Mussels in Ginger & Spring Onion	£6.10	
67	King Prawn with Cashew Nuts	£6.10	
68	King Prawn with Mushroom	£6.10	
69	King Prawn with Ginger & Spring Onion	£6.10	
70	King Prawn in Oyster Sauce	£6.10	
71	King Prawn in Satay Sauce	£6.10	
72	King Prawn in Black Bean Sauce	£6.10	
73	King Prawn in Szechuan Sauce	£6.10	
74	King Prawn in Kung Po Sauce	£6.10	
75	King Prawn in Cantonese Sauce	£6.10	
76	Sweet & Sour King Prawn (Hong Kong Style)	£6.10	
77	Sweet & Sour King Prawn Balls (10)	£6.10	
77A	King Prawn with Broccoli	£6.10	

BEEF DISHES

78	Fillet of Beef in Black Bean Sauce	£7.20	
79	Fillet of Beef in Black Pepper Sauce	£7.20	
80	Fillet of Beef in Cantonese Sauce	£7.20	
81	Beef with Mixed Vegetables	£5.40	
82	Beef with Satay Sauce	£5.40	
83	Beef with Mushroom	£5.40	
84	Beef with Oyster Sauce	£5.40	
85	Beef with Onion	£5.40	
86	Beef with Ginger & Spring Onion	£5.40	
87	Beef with Black Bean Sauce	£5.40	
88	Beef with Szechuan Sauce	£5.40	
89	Beef with Black Pepper Sauce	£5.40	
90	Crispy Chilli Beef (Shredded)	£5.60	
91	Beef with Sea Spicy Sauce	£5.40	
91A	Beef with Broccoli	£5.40	

Please Do Not Hesitate To
Let Us Know Before Placing
Your Order
♣ = Spicy

CURRY DISHES

(Stir Fried with Onion, Peas & Mushroom
in a Thick Curry Flavoured Sauce)

125	Special Curry	£5.90
126	King Prawn Curry	£5.90
126A	Shrimp Curry	£5.10
127	Beef Curry	£5.10
128	Lamb Curry	£5.70
129	Chicken Curry	£5.10
130	Pork Curry	£5.10
130A	Roast Duck Curry	£5.90

FOO YUNG DISHES

(Omelette Cooked Chinese Style with
Bean Sprouts & Spring Onion)

131	Special Foo Yung	£5.80
132	King Prawn Foo Yung	£5.80
133	Roast Duck Foo Yung	£5.80
134	Chicken Foo Yung	£4.90
135	Roast Pork Foo Yung	£4.90
136	Mushroom Foo Yung	£4.60

CHOP SUEY DISHES

(Bean Sprouts & Spring Onion)

137	Special Chop Suey	£5.80
138	King Prawn Chop Suey	£5.80
139	Beef Chop Suey	£5.10
140	Chicken Chop Suey	£5.10
141	Roast Pork Chop Suey	£5.10

ENGLISH DISHES

142	Special Omelette & Chips	£5.80
143	King Prawn Omelette & Chips	£6.00
144	Chicken Omelette & Chips	£4.80
145	Roast Pork Omelette & Chips	£4.80

146	Mushroom Omelette & Chips	£4.50
147	Plain Omelette & Chip	£3.80
148	Chips	£2.50
149	Roast Chicken & Chips in Gravy Sauce	£5.00
150	Chicken Nuggets & Chips	£4.20
150A	Scampi & Chips	£6.20
151	Onion Rings (10)	£2.00
152	Banana Fritters in Syrup	£2.20
153	Pineapple Fritters in Syrup	£2.20

SAUCE

154	Curry Sauce	£2.10
155	Sweet & Sour Sauce	£2.10
156	Barbecue Sauce	£2.10
157	Satay Sauce	£2.50
158	Gravy Sauce	£2.10


SOFT DRINKS

159	A. Coke	£0.90
	B. Diet Coke	£0.90
	C. Tango	£0.90
	D. 7up	£0.90
160	A. Bottle Pepsi	£2.50
	B. Bottle Tango	£2.50
	C. Bottle 7up	£2.50

VEGETARIAN DISHES

161	Crispy Seaweed with Cashew Nuts	£4.00
162	Vegetarian Spring Rolls (10)	£3.80
163	Family Bean Curd	£4.20
164	Bean Curd in Black Bean Sauce	£4.20
164A	Salt&Pepper Bean Curd	£4.20
165	Ma Po Bean Curd	£4.20
166	Mixed Vegetables	£4.00
167	Sweet & Sour Mixed Vegetables	£4.00
168	Mixed Vegetables Curry	£4.00
169	Stir Fried Mushroom	£4.10
170	Stir Fried Bamboo Shoots & Chinese Mushroom	£4.20
171	Stir Fried Bean Sprouts	£3.50

LAMB DISHES


92	Mongolian Crispy Lamb (Served with 6 Pancakes, Spring Onion, Cucumber & Hoi Sin Sauce)	£8.00	
93	Lamb with Mixed Vegetables	£6.00	
94	Lamb with Ginger & Spring Onion	£6.00	
95	Lamb with Szechuan Sauce	£6.00	
96	Lamb with Black Bean Sauce	£6.00	
97	Lamb with Kung Po Sauce	£6.00	

CHICKEN DISHES

98	Chicken with Mixed Vegetables	£5.50	
99	Chicken in Satay Sauce	£5.50	
100	Chicken with Bamboo Shoots & Water Chestnuts	£5.50	
101	Chicken with Mushroom	£5.50	
102	Stir Fried Chicken with Cashew Nuts	£5.50	
103	Stir Fried Chicken with Cashew Nuts in Yellow Bean Sauce	£5.50	
104	Stir Fried Chicken with Oyster Sauce	£5.50	
105	Stir Fried Chicken with Ginger & Spring Onion	£5.50	
106	Chicken with Black Bean Sauce	£5.50	
107	Chicken in Szechuan Sauce	£5.50	
108	Chicken in Sea Spicy Sauce	£5.50	
109	Chicken in Capital Sauce (Fruity Sauce)	£5.50	
110	Chicken with Pineapple	£5.50	
111	Chicken in Lemon Sauce	£5.50	
112	Chicken with Black Pepper Sauce	£5.50	
113	Chicken in Cantonese Sauce	£5.50	
114	Chicken on Kung Po Sauce	£5.50	
115	Chicken Chinese Style	£5.50	
116	Crispy Chilli Chicken (Shredded)	£5.60	
117	Sweet & Sour Chicken (Hong Kong Style)	£5.50	
118	Sweet & Sour Chicken Balls (12)	£5.70	
118A	Smoked Chicken	£5.70	
118B	Chicken with Broccoli	£5.50	

PORK DISHES

119	Pork with Ginger & Spring Onion	£5.30	
120	Pork in Szechuan Sauce	£5.30	
121	Pork in Black Bean Sauce	£5.30	
122	Pork in Oyster Sauce	£5.30	
123	Sweet & Sour Pork (Hong Kong Style)	£5.30	
124	Sweet & Sour Pork Balls (12)	£5.60	
124A	Pork Chinese Style	£5.30	

172	Mushroom Curry	£4.10	
173	Stir Fried Onion	£2.90	
173A	Broccoli in Oyster Sauce	£4.20	
173B	Broccoli in Garlic Sauce	£4.20	

VEGETARIAN RICE & CHOW MEIN DISHES

174	House Special Vegetables Rice	£5.10	
175	House Special Vegetables Chow Mein	£5.10	
176	Vegetable Singapore Fried Rice	£4.90	
177	Vegetable Singapore Rice Noodle	£4.90	
178	Mixed Vegetables Fried Rice	£4.70	
179	Mixed Vegetables Chow Mein	£4.70	
180	Mushroom Fried Rice	£4.70	
181	Mushroom Chow Mein	£4.70	

THAI DISHES

178	Thai Green Curry with A. Special £6.00 B. King Prawn £6.10 C. Chicken £5.90 D. Beef £5.90	
179	Thai Red Curry with A. Special £6.00 B. King Prawn £6.10 C. Chicken £5.90 D. Beef £5.90	
180	Thai Noodles with A. King Prawn £6.20 B. Chicken £5.90 C. Beef £5.90	

CHEF'S RECOMMENDATIONS

181B	Duck in Plum Sauce	£5.90	
182	Roast Pork in Plum Sauce	£5.40	
183	Happy Family (Stir Fried King Prawn, Chicken, Beef, Pork & Mixed Vegetables)	£5.90	
184	Spare Ribs in Honey Sauce	£5.80	
185	Shrimp Foo Yung	£5.40	
186	Cheese Omelette with Chips	£3.90	
187	Fried Rice with Onions (Large)	£4.10	
188	Salt & Pepper Chips	£3.70	
189	Stir Fried Three Mixed Seafood with Oyster Sauce (King Prawn, Squid, Mussels & Vegetables)	£6.10	
190	Pineapple Fried Rice (Large)	£5.10	
191	Roast Pork with Thai Sweet Chilli Sauce	£5.40	
192	Chicken with Orange Sauce	£5.40	
193	Beancurd in Satay Sauce	£4.20	
194	Chicken Wings in Thai Sweet Chilli Sauce	£5.40	
195	Crispy Shredded Beef in Thai Sweet Chilli Sauce	£5.70	
196	Crispy Shredded Chicken in Thai Sweet Chilli Sauce	£5.70	

Village Information

In this guidebook we have tried to provide some information on the village, shopping and places to eat, to help you find your way around if you're not familiar with the area. For those guests that don't rely on Google Maps to do their thinking for them, or don't have Sat Nav's, we have tried to give directions to most places mentioned.

If you turn left out of the driveway the main road (Dereham Road) will lead you to several amenities & local convenience shops in Mattishall village. All within a mile, a few mins drive, or about 20 mins walk.

Mattishall Pharmacy

Quite a well-stocked chemist.

Opening hours: Mon-Fri 8.30am – 6pm (closed for lunch 1-2pm). Sat/Sun Closed.

15 Dereham Road, NR20 3QA. Tel: (01362) 858540

Mattishall Doctors Surgery

Emergency appointments are available on the day at 08.30 for morning surgery or 12.00 for afternoon.

Opening hours: Mon-Fri 8.30am - 6pm. Sat/Sun closed.

15 Dereham Road, NR20 3QA. Tel: (01362) 850227

Post Office

Opening hours: Mon/Tues/Thurs/Fri 8.30am -5.30pm (closed for lunch 1-2pm). Wed 8.30am – 12.30pm. Sat 8.45am-12.30pm. Sunday closed. Bank holiday times will differ.

19 Dereham Road, NR20 3AA. Tel: (01362) 850232

Mattishall News

Our nearest shop/newsagent, small but very handy to just pop to quickly for basics. Sells local & national newspapers and some magazines. Offers general basic food provisions, a small off-licence and some homemade bakery items.

Opening hours: Mon-Sat 6.30am - 6pm. Sun 7.30am – 1pm. Bank holiday times may differ.

42 Dereham Road, NR20 3NP. Tel: (01362) 858398

The following can be found at the far end of the village - turn right at the church onto Church Plain and at the bend turn right into a small parking area:

Victoria Stores - Londis

A slightly bigger convenience store with fresh bread & bakery items, some hot pastries and an off-licence.

Opening hours: Mon-Sat 7am – 6.30pm. Sun 8am – 1pm. Bank holiday times will differ.

Church Plain, NR20 3QF. Tel: (01362) 850219

All Saints Church (Church of England)

Friendly church welcomes all. Informal prayers are on Saturdays 9.30 – 10.30am. Traditional service with hymns/organ on Sundays at 9am, more modern service from 10.30am. Outside of service times the church can be visited by borrowing a key from Victoria Stores during the shop opening hours.

Church Plain, NR20 3QF. Tel: (01362) 858873

Other Information

Bus

The Konectbus operates a No. 4 (Norwich) bus from Mattishall to **Norwich** every 2 hours (except Sundays), and takes you direct into the city centre and the main shopping area. It takes about 39 minutes. There are several bus stops on the way to the village. For Sunday service you will need to go to Dereham and catch the same bus from the stop nearest the cinema.

To travel to **Dereham** you can get the No. 4 (Dereham) from the village. It takes you to the centre of Dereham and stops/picks up outside Natwest Bank.

Taxi's

Dereham Taxis. Church Street, Dereham. Tel: (01362) 696161 / 697777
Phil's Taxi Service, Mattishall. Tel: 07958 504104

Hospital

The nearest A&E is at NNU (Norfolk & Norwich University Hospital). Open 24 hrs.
Distance 11 miles. Approximately 17-20 mins.
Colney Lane, Norwich, NR4 7UY. Tel: (01603) 286286

Directions: Turn left out of our drive and stay on this road for about 4.5 miles until you reach a roundabout. Take the 2nd exit onto A47, stay on this road and at the next roundabout take 2nd exit (A47). After 3.2 miles exit left (B1108 towards Norwich/Watton), at the roundabout take 2nd exit onto Watton Road/B1108. After 1 mile turn right into Colney Lane and at the roundabout take 2nd exit to stay on Colney Lane. After 0.2 miles turn right then next left.

Garage/Car Repairs (Gaskins D C)

Our nearest garage is in Mattishall, it's been there for many years and the owner Dennis, is a personal friend. A great little garage and if you have any car/van/motorbike trouble and need urgent help, call him or pop in (mention Rob Nunn and he'll try his very best to help you as soon as possible). Bookings taken for MOT, services, general repairs.

Opening hours: Mon-Sat 9am - 4pm. Sunday & Bank Holidays Closed. (Times subject to change).
Distance 0.7 miles. South Green Works, Welborne Road, Mattishall, NR20 3LJ. Tel: (01362) 850028

Directions: Turn left out of the driveway, stay on the main road through the village and at the church turn right onto Church Plain. Follow the road round to the left and after about half a mile the garage is on the right with an open forecourt.

Leisure & Fitness

Locally there are several places to go for various forms of exercise or recreation.

Health & Fitness

Dereham Leisure Centre - You can 'pay as you go' at reasonable prices. Modern facilities include a 25m Swimming Pool, learner pool, group cycling studio, fitness classes (zumba, circuits, pilates etc), 75 station gym with state-of-the-art equipment, training room with a variety of equipment, sports hall, table tennis, badminton, indoor bowling green, and cafe. Open Mon-Fri 7am - 9pm, Sat/Sunday 8am - 6pm. Distance 3.5 miles, 9 mins drive. Station Road, Dereham, NR19 1DF. Tel: (01362) 693419

Directions: Turn right out of our driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road. Continue on this road until you reach traffic light by the railway crossing. Turn left at the lights onto Station Road, and follow road until you see Strikes Bowling on the left. Turn left into here and the leisure centre car park is on the right.

Barnham Broom – Spa facilities

Apart from being a luxury hotel and Golf Club in a beautiful location approximately 15 mins away, there is also a Spa which is open to everyone, not just hotel guests. It offers a range of beauty treatments, day spa packages, plus various aromatherapy, and holistic massages, for both men and women. Distance 5.3 miles, 11 mins drive. Honingham Road, Barnham Broom, NR9 4DD. Tel: 01603 759393

Directions: Turn left out of the drive and stay on this road for 5 miles/9 mins. When you get to a crossroad/ junction on this road, turn right onto Barnham Broom Road. Continue on this road for about half a mile and you will see the main entrance on your left, with car parks. The main entrance is opposite where you drove in. Reception is as soon as you walk in.

Golf

There are several local golf courses: Sprowston Manor Golf Club and Fakenham Golf Club, within 30 mins drive. Dereham Golf Club and Barnham Broom Golf Club are approximately 15 mins away.

Walking

Dereham is accredited as a 'Walkers are Welcome' town, offering some good local walking routes of different times and distances to suit most. There is more information and a booklet further on in the folder.

There is also an extra copy of the booklet amongst the reading books in the cabin, for you to take out with you if you wish to walk a route. Please return the booklet afterwards for others to use.

Entertainment & Activities

Strikes - Bowling & activities (Dereham)

Various entertainment all in one place, there is something for most ages:

Ten Pin Bowling, Planet Zoom-Kids Soft Play Area and ball pool, Arcade/Game machines, American Pool. Food and drink available. Open every day from 11am.

Distance 3.5 miles, 9 mins drive. Station Road, Dereham, NR19 1DF. Tel: (01362) 696910

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road. Continue on this road until you reach traffic light by the railway crossing. Turn left at the lights onto Station Road, and follow road until you see Strikes Bowling on the left.

Cinema (Dereham)

A 3-screen family friendly picture house showing mainstream films, with some budget deals.

(Bargain Mondays-all tickets £5 excluding Bank Hols & School Hols). Parking available outside or in nearby alternative car parks. *Opening hours: Mon-Fri 5pm - 9pm. Sat/Sun 12pm - 9pm.*

Distance 4 miles, 10 mins drive. Market Place, Dereham, NR19 2AW.

Box Office Tel: (01362) 691133 or 24hr info: 08700 663119

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Stay on this road for 2 miles, at the end of road turn left onto Norwich Road. After 0.7 miles turn right onto Crown Road, turn left onto Theatre Street. At the roundabout take 1st exit onto High St and after a short way the cinema is on the right.

The Mid-Norfolk Railway (Dereham)

Dereham station is the Railway's headquarters. This fine Victorian railway station has been restored to the way it would have looked in the late 1950's, when Dereham was still an important railway junction. The work includes a period ticket office, tearoom, souvenir shop & displays of local railway artefacts. The railway is entirely staffed by volunteers.

Regular Train rides on the Dereham – Wymondham Abbey Line. Wymondham station is close to the beautiful Abbey Church and adjacent to the river Tiffey. The journey offers extensive views of the surrounding countryside, with wildflowers, deer, owls and wildlife to see on different months of the year. It's a lovely trip out regardless of whether you're a train enthusiast.

Train services operate most weekends from March to December, and Wednesdays during the summer. The railway also holds regular events, steam & diesel train rides, and themed rides at specific times of the year eg. Christmas (Santa train), Halloween.

Free car parking available. Prices start from £7 adult, £3.50 child

Distance 3 miles, 8 mins drive. Station Road, Dereham, NR19 1DF. Tel: (01362) 851723 general info.

Tel: (01362) 690633 for train times. (01362) 851723 for talking timetable.

Directions: Turn right out of the driveway, follow the road for a short while and take the first right (Stone Road). Follow this road for about 2 miles, at the end of road turn left onto Norwich Road. Continue on this road until you reach traffic light by the railway crossing. Turn left at the lights onto Station Road, and take the next left into the station.

TO USE MICROWAVE OR FAN OVEN

Microwave instructions:

Quick Start:

- Open microwave door with handle. Put food/drink item in centre of glass turntable.
- Close door & press the **+30s button** repeatedly to select the required time.
- Press **Start**. You can stop cooking any time by opening the door, or pressing **Stop**.
- Press **Stop** again to clear the time set, if interrupted before the end.

Cooking/Reheating:

- Press the **Microwave** button, it will show 900w, press **select** or just wait 5 secs for it to go to the time setting stage. *(If you want to lower the power, press the up/down button until required power is displayed & press Select).*
- Press **up/down** button to set the cooking time & press **Start**.
- To pause cooking to check/stir food, open the door, then close and press **Start** again.
- Cooking will end after set time & bleep. *If you wish to stop it before then, press **stop** once, open door to remove food, and press **stop** again to clear the time.*

NB: The metal rack stands (on top of the microwave), can be used to cook 2 dishes at the same time by placing one on the turntable with the low rack standing over it, and a second dish on top.

To use as an Oven:

Use in the same way as a normal oven (without microwave mode). Use oven gloves to remove hot items & only use ovenproof cookware, not microwave/plastic dishes.

- Put food in an ovenproof dish onto the turntable, or stand the low metal rack on turntable and place dish on top of it. Use the rack to get better cooking/browning.
- Press **Convection** button, display shows 180°, if that's the temperature you want then press **Select** or just leave it & within 5 secs it will go straight to the setting cooking time stage. Press **up/down** button to set the cooking time & press **Start**.
- To change the temperature, press the **up/down** buttons to set as required & press **Select**. Max cooking time is 60 minutes.
- If you want to Preheat the oven first, press **Convection**, set temperature (as above) and press **Start** before you put any food in. Leave to finish. After preheating, place food dish on the turntable or rack, set the cooking time (as above) & press **Start**.

To use as a Grill:

*To heat and brown food quickly without microwave mode. Place food on the **high metal rack** with an ovenproof dish underneath, or cook in a dish placed on the rack.*

Metal dishes can be used for grilling, do not use plastic or paper.

- Open the door, stand the high metal rack on turntable & place food on top.
- Close the door. Press **Grill** button (there is only one set temperature).
- Set the time by pressing the **up/down** button (max time is 60 mins).
- Press **Start**. When finished it will bleep. Use oven gloves to remove hot food/rack.








For further details or instructions on how to combine microwave, grill and oven use together, please see microwave oven booklet in the cabin folder.

TO USE THE INDUCTION HOB

Please only use the metal pots & pans provided.

Hob instructions

Control Panel Layout



1.  to activate and deactivate the Lock/ Child safety device
2.  to activate the Timer
3.  to increase heat setting/timer setting, or  to decrease the heat setting/timer setting
4.  to activate Stop+Go function
5.  to switch the hob on or off
6. Heat display presetting "0", heat levels "1" to "9"
7. Timer display setting, "01"- "99" minutes
8. Heat indicator setting , displayed if cooking zone is still hot after use.

Touch Control sensor fields and displays


You operate the hob by touching sensor

fields. Displays and acoustic signals (short beep) confirm the selection of a function. The display will "H" if the cooking zone is still hot.

Residual heat indicator

 **Warning!** Risk of burns from residual heat! After you switch the appliance off, the cooking zones need some time to cool down. Look at the residual heat indicator .

Use residual heat for melting and keeping food warm.

Don't disconnect the product without waiting for the  to be removed from display.

Power Level	1	2	3	4	5	6	7	8	9
Power	100W	300W	600W	900W	1100W	1300W	1500W	1700W	2000W


Press and hold the Child Lock key for 3 seconds to activate/deactivate. If you also hold for 3 secs during cooking this will prevent the heat from accidentally being changed for extra safety. The Lock key is activated when it is lit up and a sound is given.

1. Press the ON/OFF key, the screen will display "0" and the power indicator light will light up. If there is no heat setting selected within 1 minute, the hob will switch off automatically without pressing the ON/ OFF key. If you press ON/OFF key during cooking, the hob will switch off.

Heat/Timer setting

1. Place pot/pan on the cooking zone before you switch it on. Press - or + to control the heat level or timer setting.
2. Press - and the power level will go straight to "9". Press - to decrease the power level from "9" to "1".
3. Press + and the power level will increase from "1". Press + to increase the power level from "1" to "9".

Stop & Go

1. Press the  Pause key during use, the screen will display - - and the hob will be paused temporarily. The heat level setting will stay in a keep warm state.
2. Press this key again, it will resume to the previous cooking setting.

3. If you do not press the Pause key to return to operation within 2 hours during Stop & Go status, the hob will enter to standby mode after beeping 5 times.


Timer

1. The timer function is used to set cooking time with a maximum of 99 minutes. Press the Timer key to activate, the screen will display “00”.
2. Press – or + to set timer. If there is no operation of time within 5 seconds, the timer will cancel.
3. To set desired timer setting, press + to increase time setting starting from 00 minutes. When pressing + for longer time, setting will increase by 10 minutes. Press – to decrease time setting starting from 99 minutes. When pressing – for longer time, setting will decrease by 10 minutes.
4. During the Timer status, the power level and time will be alternately displayed in the screen. When the power level is decreased to “0”, the timer will be deactivated and the hob will beep 5 times then switch off automatically.


Automatic Switch off

The function switches the hob off automatically if:

- All cooking zones are switched off.
- You do not set the heat setting after switching on the hob within 1 minute.
- You do not switch a cooking zone off or you do not modify the heat setting after 2 hours, or if overheating occurs (e.g. when a pan boils dry).

 **WARNING:** Unattended cooking on a hob with fat or oil can be dangerous and may result in fire. NEVER try to extinguish a fire with water, but switch off the appliance and then cover flame with a lid or a fire blanket.

Do not touch the panel when the residual heat indicator is still lit, to prevent injury.

 Users with implanted pacemakers should keep their upper body at least 30 cm from induction cooking zones that are switched on.

PORTABLE INDUCTION HOB (TROUBLESHOOTING)

What to do if...

Problem	Possible Cause	Solution
The appliance does not operate.	Power shortage or power short circuit in the power source of your home.	
	Power connection to socket not performed properly.	Overlook the power supply to hob for correct connection.
	More than 10 seconds have passed since the appliance was switched on.	Switch the appliance on again.
	The child safety device is switched on.	Deactivate child safety device. (See the section "Child safety device").
Machine stops operating. Error indication: E1	Several sensor fields were touched at the same time.	Only touch one sensor field.
	The cookware is not suitable for induction cooker.	Change to a cookware suitable for induction.
Machine stops operating. Error indication: E2	No cookware on cooking zone.	Place cookware on the cooking zone.
	The cookware is empty (dry-boiling) or cooking temperature is too high.	Turn off the machine and restart after 5 minutes. If E2 still remain, please contact nearest IKEA store.
	The air inlet and outlet is being blocked.	
Machine stops operating. Error indication: E3	Surrounding temperature is too high.	
Machine stops operating. Error indication: E3	The main power supply is over AC 275V.	Change to product suitable power supply.
Machine stops operating. Error indication: E4	The main power supply is lower than AC 100V.	Change to product suitable power supply.
Machine stops operating. Error indication: E5	The temperature sensor of the machine is not working.	Please contact nearest IKEA store.
Machine stops operating. Error indication: E6	The cookware is empty (dry-boiling) or cooking temperature is too high.	Let appliance cool down and prevent dry-boiling.
Machine stops operating. Error indication: E0	Internal exception.	Turn off the machine and restart after 5 minutes. If E0 still remain, please contact nearest IKEA store.