



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](http://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 FULL 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. 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 yourself and have your own account.

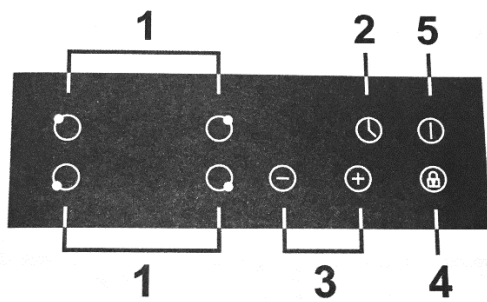
**News Apps** – All free and usable.

**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 note the volume control on AppleTV remote also controls the soundbar for the TV, so there's no need to use other remotes.**

## HOB INSTRUCTIONS (BASIC GUIDE)



1. Heating zone selection buttons
2. Timer button
3. Power / Timer adjustment button
4. Lock button
5. ON/OFF button

### To start cooking

Press **on/off** button – top right (buzzer will beep once to say it's in standby)

Place a pan on the required ring (make sure the bottom is clean & dry).

**Press the ring** you want to use – on left side (light next to it will flash).

Press **+** or **-** to go to the heat required (1 to 9 max)

To change the heat number during cooking, **press the ring** you want to operate first, then the **1-9** to adjust.

NB: If nothing is selected within 1 minute after pressing on, it will switch off and you need to power back on again.

### To stop cooking

**Press the required ring** and **press -** button to reduce heat to **0**.  
That will turn that ring only off.

**Press on/off** to turn **all** rings off.

**BEWARE OF HOT SURFACES.**

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

## 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 1<sup>st</sup> 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.

## 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.**

18<sup>th</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> 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 2<sup>nd</sup> exit onto A47, stay on this road and at the next roundabout take 3<sup>rd</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> exit, take 1<sup>st</sup> 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 3<sup>rd</sup> 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 2<sup>nd</sup> exit onto A47, stay on this road and at the next roundabout take 2<sup>nd</sup> exit (A47). After 1.4 miles exit left (A1074), stay in left hand lane and at big roundabout take 1<sup>st</sup> 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 1<sup>st</sup> left at big roundabout, but continue straight on William Frost Way then take 2<sup>nd</sup> 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 1<sup>st</sup> left at big roundabout, but continue straight on William Frost Way then take 5<sup>th</sup> 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 3<sup>rd</sup> exit (to Swaffham), stay in right hand lane. Shortly after at the next roundabout take 3<sup>rd</sup> exit onto A47/Swaffham sliproad. Merge onto A47 bypass and at next roundabout take 2<sup>nd</sup> exit, continue to next roundabout and take 1<sup>st</sup> 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 2<sup>nd</sup> exit onto A47, stay on this road and at the next roundabout take 2<sup>nd</sup> 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.

## OVEN INSTRUCTIONS (BASIC GUIDE)

Press the **F** button to select if you want to use the fan oven or grill – symbols shown below, (or other cooking function).

**Fan Assisted Oven**




**Single Grill heating**



Press the **left/right arrow** buttons **to set your cooking time**

Then press the **temperature** symbol to **set your temperature**

Press  ('play') to **start cooking**.

To **change the time** during cooking press the **left/right arrow** buttons to make the change, and then **'play'** button as above, to set it.

To **change the temperature** during cooking press the **temperature with a clock** symbol, (the temperature symbol will flash). Press the **left/right arrow** buttons to make the change, and then **'play'** button, to set it.

**NB: the grill heating will automatically switch on/off to keep it at the set temperature.**

**If no time is selected for anything the default time is 9 hours.**

### **TO SET THE OVEN CLOCK (after a power cut)**

Press the **clock** symbol button and the hour numbers will flash

Press the **left/right arrow** buttons to select the hour (0-23)

Press the **clock** button and the minutes will flash (0-59)

Press the **clock** button to finish & save the setting.

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

*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

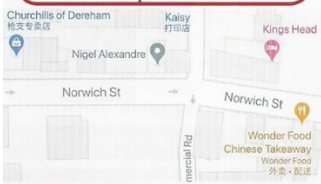
### CHILDREN'S HAPPY MEAL



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	

## **TV OPERATION – WITH SOUNDBAR / APPLE TV / DVD**

### **TV Remote**

Press **red** button to switch on TV

### **Soundbar Remote**

Press **red** button to switch on sound

Press **Optical** button

Use **+** or **–** buttons to change volume

### **To use the Apple TV or Blu Ray DVD player**

On the **TV Remote** Press **Source** button (top left)

Source list:

1 = TV

2 = Blue Ray

3 = Apple TV

Use the arrows on centre of remote to **select** which source you require

Press **OK** button in centre of arrow keys.

### **For Apple TV**

Once it's turned on as above you only need the Apple remote, as this also controls the sound.

### **For Blu Ray DVD**

Turn TV on as above

On the Blu Ray DVD remote press **red** button to turn player on

Put a disc into the player

Use DVD remote to control the movie/disc

Use Soundbar remote to control the volume

## TO USE BLUETOOTH / MUSIC WITH SOUNDBAR

### Soundbar Remote

Press **red** button to switch on sound

Press **BT** button on left (Bluetooth)

Sync device to **Njord I** and then you can play anything from your phone through the soundbar.

Once synced with your device, you can scroll through your playlist with the **Soundbar remote**.

You do not need TV on to use the soundbar for Bluetooth.

You also don't need to turn the soundbar off as it will go to sleep automatically.

**NB:** After you finish using Bluetooth, and go back to using TV, AppleTV or Blu Ray, **remember** to press **Opticle** on the **soundbar remote** to get sound.



## 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 2<sup>nd</sup> exit onto A47, stay on this road and at the next roundabout take 2<sup>nd</sup> exit (A47). After 3.2 miles exit left (B1108 towards Norwich/Watton), at the roundabout take 2<sup>nd</sup> exit onto Watton Road/B1108. After 1 mile turn right into Colney Lane and at the roundabout take 2<sup>nd</sup> 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.