

Café	Phone	Address	Notes
221b Bakers, Framlingham	01728 723526	1 Bridge Street, Framlingham	Fairly small café with some outside seating
Alder Carr Farm	01449 723359	Needham Maret IP6 8LX	Seating limited - OK for summer
Aldham, Mill Race Garden Centre	01206 242521	New Road, Aldham, CO6 3QT	
Alton Water Sports Centre	01473 328408	Yacht Club, Alton Water IP9 2RY	Fab café with indoor and outside seating. Down at yacht club NOT the visitor centre
Assington Country Kitchen	01787 210242	Willow Farm Barn, Assington CO10 5LW	Good sized café - inside and outside seating
Barn Café, Hasketon	01473 738269	Grange Farm, Hasketon IP13 6HN	Inside seating, medium sized café
Blue Egg	01371 811801	Great Bardfield CM7 4PY	Fab cycling café although too far for a Saturday ride
Boathouse Café, Bawdsey	07900 811826	The Quay, Bawdsey Ferry IP12 3AX	
Bridge Cottage Tea Room, Flatford (NT)	01206 298260	East Bergholt CO7 6UL	Seating inside and outside
Café 46, Wickham Market	01728 746690	46 High Street, Wickham Market IP13 OQS	Small café with large outside space, great for summer
Café Como, Brent Eleigh	07401 242179	Street Farm, The Street, Brent Eleigh CO10 9NU	Ideal for summer and winter
Café Nini, Lavenham	01787 827996	17 High Street, Lavenham CO10 9PT	Smallish café, indoor seating
Café Rio, Manningtree	01206 393100	23 High Street, Manningtree CO11 1AG	
Camargue Café, Wickham Mkt	01728 748020	Valley Farm, Wickham Market IP13 OND	Large area for inside and outside eating
Cherry Lane Garden Centre	01787 311889	Long Melford, CO10 9DH	Large capacity with outside seating
Chilli & Chives, Lavenham	01787 249028	16a High Street, Lavenham CO10 9PT	Indoor seating only - medium sized
Coach House, Thornham Walks	01379 783373	Hall Lane, Eye IP23 8BX	Small outside area and large interior. Not good on a wet day - very nice light grey upholstered seating!
Copper Kettle, Kersey Mill	01473 827001	Kersey Mill IP7 6DP	Small café, better suited to summer months
Corn Craft, Monks Eleigh	01449 740456	Monks Eleigh, IP7 7AY	Ideal for summer and winter
Crabtrees, Hadleigh	01473 828166	66 High Street, Hadleigh IP7 5EF	Small café with only street parking for bikes
Daily Grind, Hadleigh	01473 823267	Lady Lane Ind. Est., Hadleigh IP7 6BQ	
Dedham Arts and Craft Centre Tea Rooms	01206 322677	1 High Street, Dedham CO7 6AB	
Dingle Hill Tea Rooms, Dunwich	01728 648872	Dingle Hill, Dunwich IP17 3DZ	
Emmetts, Peasenhall	01728 660250	The Street, Peasenhall IP17 2HJ	Small café with seating inside and outside
Essex Rose Tea House	01206 323101	High Street, Dedham CO7 6DE	Medium sized café with some outside seating
Fountain House Tea Room	01206 299955	The Street, East Bergholt CO7 6TB	Small café with limited outside seating
Friday Street Farm, Farnham	01728 602783	Friday Street, Saxmundham IP17 1JX	Seating inside and out
Goslings Farm Café, Trimley	01394 273361	Goslings Farm, Trimley St Martin IP11 0SG	Inside and outside seating areas
Granary Crafts, Buxhall	01449 736363	Brook Farm, Buxhall IP14 3DH	Small
Hearts Delight Nursery Garden Café	07921 09 1234 (Maria)	Lawford, Manningtree CO11 2EF	Large seating area
Hill Farm Café, Stratford St Mary	01206 323600	Church Road, Stratford St Mary CO7 6LS	Large amounts of indoor and outdoor seating
Hollow Trees Farm	01449 741247	Semer, IP7 6HX	Inside and outside seating available
Huffers, Hadleigh	01473 824338	87 High Street, Hadleigh IP7 5EA	Mainly inside seating, medium sized café with a few tables outside
Lakeside Tea Rooms, One House	07825 340886	Lower Road, Onehouse IP14 3BX	Inside and outside seating
Lavenham Blue Vintage Tea Rooms	01787 248295	6 Market Place, Lavenham CO10 9QZ	Medium sized café, indoor seating only
Lizzy's Café, Risby	01284 810022	15 South St, Risby IP28 6QU	
Maglia Rosso	01284 386884	Metcalfe Arms, Lawshall Rd, Hawstead, Bury Saint Edm	Inside and outside seating. Bike racks visible from café
Mistely Place Park Tea Rooms	01206 393433	Mistely, CO11 1ER	Large inside and outside seating area
Mr Allard's Farm Shop	01449 678650	Stowupland IP14 4BD	Large inside café perfect for winter rides
Munnings Tea Rooms, Lavenham	07824 825623	11 Hall Road, Lavenham CO10	
Organic Café, Fornham All Saints	01284 717175	Church Cottage, Fornham All Saints IP28 6JW	Small café with inside seating only
Osiers (Museum of East Anglian Life), Stowmarket	01449 672266	Illiffe Way, Stowmarket IP14 1DL	Large café for both inside and outside eating - always good service
Place for Plants, East Bergholt	01206 299224	East Bergholt CO7 6UP	Good amount of inside and outside seating
Roots and Shoots, Stowmarket	01449 721965	Roots and Shoots Garden Centre, Badley IP6 8RR	Inside and outside seating areas

Ruth's Garden Café, Manningtree	01206 393100	23 High Street, Manningtree CO11 1AG	
Shipwreck, Shotley Marina	01473 788865	Shotley Gate IP9 1QJ	Large amounts of inside and outside seating
Sky Café, Great Finborough	01449 706500	Fonborough School	Paddy and Scotts café - large indoor area
Stonham, Stonham Barns	01449 711876	Pettaugh Road, Stonham Aspal IP14 6AT	Large café ideal for winter rides
Suffolk Food Hall	01473 786610	Ipswich, IP9 2AB	Inside seating plus outdoor area
Tea Room, Wortham Post Office,	01379 783210	Long Green, Wortham IP22 1PP	
Teacups Tea Room, Woolpit	07503 889506	The Street, Woolpit IP30 9QH	Small Café
The Cock Inn, Polstead	01206 263150	The Green, Polstead, Suffolk CO6 5AL	Seating both inside and out
The Coffee House, Ixworth	01359 232919	17 High Street, Ixworth	Small with no outside seating
The Forge Café, Thornham	01379 788566	Gislingham Road, Thornham Magna IP23 8HH	Inside and outside seating - open fire in winter
The Garden of Deben	01728 860190	6 High Street, Debenham IP14 6QJ	Very small café, no outside area
The Guildhall, Lavenham	01787 247646	Market Place, Lavenham C10 9QZ	Outside seating available.
The Kitchen, Thorpeness	01728 453266	Barn Hall, Thorpeness IP16 4NW	Good sized café, with seating inside and out
The Orangerie, Hadleigh	01473 823600	1 Market Place, Hadleigh IP7 5DL	Good sized, mainly inside seating
The T House, Mistely Quay	01206 396889	High Street, Mistely CO11 1HB	Inside seating only accessed up steep stone steps. Bikes can be taken up too for safe keeping
The Waterfront Diner	01473 830414	Suffolk Water Park, Bramford IP8 4JS	Large café ideal for winter rides
Three Willows Café, Flixton	01986 483253	Edgar Watts Garden Centre, Bungay NR35 1PD	
Tickety Boo Garden Café	07555 545180	Harvey's Garden Plants, Great Green, Thurston IP31 3	Large capacity with outside seating for summer - closed Sundays
Trinity House Tea Rooms, Manningtree	01206 391410	47 High Street, Manningtree CO11 1AH	
Trinity's at No. 14, Saxmundham	07707 105097	14 Market Place, Saxmundham IP17 1AG	
Vanilla Bakehouse	01728 861582	7 High Street, Debenham IP14 6QL	Very small with inside seating only
Wally's Shed Café, Acton	01787 375429	10 Melford Road, Acton C010 0BB	