

## INSIDER'S guide to

# Aldeburgh

Lesley Jones asks food experts with local knowledge of the Suffolk town where to find the finest regional produce and best places to eat and drink.

Compiled by LESLEY JONES

### EAT

\* Start the day with a Suffolk bacon and free range egg, toasted breakfast bap, £4.20 from **Munchies** ([aldeburghmunchies.co.uk](http://aldeburghmunchies.co.uk)). Sit in or, better still, on the shingle outside or, if you're up early grab, a spot by Maggi Hambling's Scallop sculpture and watch the sun come up over the North Sea.

Linda Williams, food blogger ([withknifeandfork.com](http://withknifeandfork.com))

\* **The Lighthouse** (01728 453377) uses

### DRINK

\* 'End your walk on the marshes or the beach at **The Mill Inn** ([themillinna.deburgh.com](http://themillinna.deburgh.com)). Banter with the locals, down an Adnam's beer, £2.80 per pint, and try an absolutely delicious local crab sandwich, £7.50, or Suffolk ham sandwich, £5.65.'

Cyril Francis, author of **Suffolk Pub Walks** (Countryside Books, £5.99; olive offer £5.50, with free p&g. For olive book offers, call 01872 562313)



### DO

\* At **Aldeburgh Food & Drink Festival** ([aldeburghfoodanddrink.co.uk](http://aldeburghfoodanddrink.co.uk); pictured left, top) you can try and buy amazing local produce - everything from the freshest fish to nostalgic Alder Tree ([alder-treeco.uk](http://alder-treeco.uk)) fruit cream ices. There are also food demonstrations from professionals such as Mark Hix and Tom Parker-Bowles.

Thomasina Miers, chef and food writer ([wehaca.com](http://wehaca.com))

\* 'Explore, gather and eat local Suffolk produce on a **Food Safari**. The Wild Food Day, £150 per person or £250 per couple, leads foraging trips to find ingredients like samphire and sea purslane ([foodsafari.co.uk](http://foodsafari.co.uk))

Linda Williams