

Breakfast Club

Morning Gloriousness served 10.30am - 12.00pm

Locally Made Pastries (v) :

Croissant with home made jam - £1.90

Almond croissant - £2.30

Pain au chocolat - £2.30

On Toast..

Two eggs cooked how you like
on granary or white sourdough - £4.00 (v)

- with slow roast tomatoes £4.75 (v)

- slow roast toms & free range bacon £5.95

Toasted free range bacon sandwich £4.50

- with fried egg £5.50

Plum compote

with yoghurt & oat crumble (v) £3.95

Extra toast & butter - £1.00

Toast & butter - £1.50

With home made jam/marmalade/
marmite/nutella/fluff! (v)

All meals available with Gluten free toast instead
of bread or as an extra side for £1.50

Brunch

Served 10.30am-3pm

Grilled chorizo sausage, fried eggs,
toasted ciabatta, spinach - £6.95

Shakshuka

Tunisian baked eggs in bell pepper, tomato
& saffron stew with feta cheese (v) (gf) - £5.95

Narborough Lakes smoked trout fillet &
scrambled eggs - £5.95

Sauteed wild mushrooms & spinach
on toast - £5.50

- with poached egg for £6.50

Our lunch & evening menu is overleaf...

Served 12pm - 3pm then 6pm - 10pm Tues - Fri
and 12pm - 10pm on Saturday

Nibbles

(these nibbles are available all day)

Spiced mixed nuts - £3.00 (vn) (gf)

Mixed olives with lemon & garlic - £2.50 (vn) (gf)

Kalamata olives - £3.00 (vn) (gf)

Pomodoretello sun-dried tomatoes - £3.00 (vn) (gf)

Guindillas - hot pickled chillies - £3.00 (vn) (gf)

Boquerones - fresh marinated anchovies - £3.00 (gf)

Fresh mixed breads & dukkah spice dip - £3.00 (vn)

Mixed flavoured breads, olive oil / butter - £3.00 (vn)

Hummus & baked ciabatta croutes - £3.75 (vn)

Grazers

Starters, light meals or a snack to share

Roast potato & Jerusalem artichoke
chips with herb dip
£3.95 (vn) (gf)

Fried squid with rouille
£4.50

Herby feta & red chard borek,
Lebanese chopped salad
£4.50 (v)

Baked Lamb kofte, sour cherries,
yoghurt sauce & bread
£4.95

Labneh, roast fig & rocket bruschetta
£5.50 (v)

Crispy Norfolk quail, cumin salt, dips
£5.50 (gf-a)

Sautéed spicy chickpeas, slow roast lamb,
hummus & coriander
Served with bread
£7.95 (gf-a)

“delicious sarnies” you say? Then turn to the back page...

Mains

Brancaster mussels & toasted ciabatta either:

- Chorizo, piquillo peppers, white wine. Or
- Cider, shallots, thyme & cream

small £6.95 / large £8.95 (gf-a)

Chickpea & chestnut socca

wild mushroom & shallot salad

£6.95 (vn) (gf)

Pan fried mackerel fillet, herby rice pilaf, rocket

purple olive & lemon dressing - £7.50

Maple glazed roast aubergine & Israeli couscous

Pistachio dukkah & roast fennel yoghurt

(v) (vn-a) £8.95

Seared pigeon breasts & sweet onion, almond & saffron filo pie

With parsley & pomegranate salad

Served pink. May contain shot - £9.95

Shellfish stew

Clams, mussels, coley & squid in a tomato,
fennel & saffron sauce with toasted sourdough

(gf-a) - £10.50

Cider braised pork belly & roast roots

with kale, & quince aioli (gf) - £9.95

Platters

For sharing, starters, or as a tasty main course

Frank's Bar platter - £4.00 for 1 person

Mixed breads, olives, hummus, oil & balsamic (vn)

add £1.50 for each extra person.

Local cheeses - £7.50

Suffolk Gold, Binham Blue, Wisington & smoked Dapple,
fennel & raisin toast, chilli jam & cornichons (v-a)

Charcuterie – £8.95

Lomo embuchado, cecina, Serrano ham, fennel seed
salami, Suffolk salami, pickled chillies & mustard fruits (gf)

Moroccan Platter– £7.50

Aromatic roasted beetroot, sauteed chickpeas,
spicy carrot salad, hummus & zaarlouk (aubergine
& tomato dip) (gf) (vn)

Spanish tapas - £8.95

Sautéed chorizo, paprika chips, boquerones, olives
& manchego cheese (gf)

Add freshly baked mixed breads for £2.50

Ciabattas

All served hot & crispy with a side salad

Peppered pastrami & swiss cheese,
dill pickles & mustard mayo

£5.95

Spiced roast aubergine & kalamata
olives, red onion, tomato & cucumber

(vn) £5.50

Merguez sausage, roast pepper,
& harissa mayo

£5.95

Mackerel melt

Smoked mackerel paté, jalapenos & cheese

£5.95

Smoked goats cheese,
chilli jam & rocket leaves (v) £5.50

Specials

Check the boards for today's specials

Cakes

Go and have a looksie at the bar or ask a member of staff what tasty treats we have to offer today, there should be some delicious gluten free options too. All of our cakes are hand made here by the lovely Marie & Ben.

Ice Cream

Delicious ice cream traditionally made by the lovely Clarke Family at their Dairy in Wymondham with help from their handsome and happy cows.

Check the board for flavours or ask one of those smiley staff types.

(v) = vegetarian (vn) = vegan

(gf) = gluten free

(v-a), (vn-a), (gf-a) = adaptable

Please be aware that we do use a variety of nuts & cereals in our kitchen and whilst we take every precaution we cannot fully guarantee the absence of traces of nuts or gluten.