

# Breakfast Club

Morning Gloriousness served 9.00am - 12.00pm

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## Locally made pastries, served warm

- Croissant with butter & jam £3.00 (v)
- Almond croissant £3.00 (n) (v)
- Pain au chocolat £3.00 (v)

## American-style pancakes £6.00 (v)

with a choice of 2 toppings (50p per extra topping):

- Maple syrup (v)
- Free range smoked bacon
- Peanut butter (n) (v)
- Nutella (n) (v)
- Lemon sugar (v)
- Mixed berries (v)
- Greek yoghurt (v)
- Banana (v)
- Vanilla ice cream (v)
- Marshmallows (v)
- Dark chocolate buttons (v)

**please note** - all toppings served on non-vegan pancakes, so not individually marked as (vn)

## Two eggs cooked how you like

On granary or white sourdough £5.00 (v) (df-a)

## Toasted free range bacon sandwich

£6.00 or add a fried egg £6.50 (df-a)

## Toast & butter with... £1.50 (v) (df-a)

Choose from jam, marmalade, marmite, or nutella (n)

## Breakfast extras:

- Bacon jam £2.00 (gf)
- Chilli pesto roasted tomatoes £1.00 (gf) (vn) (df)
- Smoked free range bacon £2.00 (df)
- Black pudding £2.00 (df)
- Vegan black pudding £2.00 (df)
- Extra toast & butter £1.00 (df-a)

Gluten free toast available instead of bread or as a side

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## (Our brunch, lunch & evening menu is overleaf)

Brunch served 9am - 3pm

Everything else 12pm - 3pm & 6pm - 10pm

Tuesday - Friday

12pm - 10pm Saturday

# Brunch

Served 9.00am - 3.00pm

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## Avocado bruschetta £6.50

garlic, tomatoes & basil, on ciabatta (gf-a) (vn) (df)  
add a fried egg for 50p

**Cavolo nero, chorizo & scrambled eggs**  
on granary or sourdough toast £7.00 (gf-a)

## Smoked salmon & asparagus bagel

chive & cream cheese (gf-a) £7.00  
add a fried egg for 50p

# Platters

For sharing, starters, or as a tasty main course

Served 12pm - 3pm & 6pm - 10pm

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## Frank's Bar platter £4.50 for 1 person

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

**Change hummus to red pepper hummus for an extra £1.00**

add £1.50 for each extra person

## Mezze platter £14.00

Artichokes, summer tabbouleh, balsamic tofu, tortilla chips, aubergine & coriander dip, roasted heritage tomato & chilli pesto, salad & guindillas (vn) (df) (pine nuts)

## Antipasti platter £15.50

Prosciutto, fried chorizo, manchego cheese, olives with lemon & garlic, patatas bravas, salad & guindillas (gf)

# Nibbles

These nibbles are available all day

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Smoked almonds - £3.50 (vn) (gf) (df)

Mixed olives, lemon & garlic - £3.50 (vn) (gf) (df)

Sun-dried tomatoes - £3.50 (vn) (gf) (df)

Feta stuffed peppadews - £3.50 (gf)

Guindillas - £3.50 (vn) (gf) (df)

Mixed flavoured breads with olive oil/butter & balsamic vinegar - £3.00 (vn)

Homemade spiced tortilla chips with red pepper hummus, beetroot tzatziki & guacamole £6.00 (v) (vn-a) (df-a)

Baked ciabatta croutes & hummus with either balsamic onions (vn) (df) or olive relish (vn) (df) (n)  
£5.50

# Tapas

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**3 for £12.00**

when ordering more, cheapest 3 qualify

Meatballs in tomato sauce £5.00 (gf) (df)

Piri piri prawns £5.50 (gf)

Fried artichokes £5.00 (gf) (v) (vn-a) (df-a)

with red pepper aioli or salsa verde

Lamb kofte, caper & mint sauce £5.50 (gf) (df)

Grilled aubergine with tahini yoghurt

pomegranate & mint £4.00 (v) (gf)

Manchego cheese £4.50 (gf)

served with homemade bacon jam or membrillo

Grilled prosciutto & nectarine skewers

£4.50 (df) (gf)

Summer tabbouleh salad £4.50 (vn) (df)

beetroot, grapefruit & dried apricots

Churros with chocolate sauce £5.50 (v)

Patatas bravas £4.50 (gf) (vn) (df)

Homemade spicy chips & harissa mayo

£4.00 (gf) (v) (vn-a) (df-a)

## Light Meals

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Chorizo & black pudding scallops

£8.00 (df)

Grape & feta salad £6.50

spinach & walnuts (gf) (n) (v)

Tomato chilli lime soup £5.50

served with foccacia bread (vn) (gf-a) (df)

## Mains

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Chipotle chicken £11.00

with coconut rice & pomegranate salad (gf) (df)

Rump steak £14.50

Spicy chips, rocket salad & salsa verde (gf) (df)

served medium rare only

Pan fried trout with samphire £11.00

new potatoes, mint & caper dressing (gf) (df)

Arancini £10.00

vegan cheese & sundried tomato risotto balls,

with a vegetable & lentil ragu (gf) (vn) (df)

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

# Ciabattas

All served hot & crispy with dressed mixed leaves

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Prosciutto ham, mozzarella & sun dried tomatoes £6.50

Chicken, avocado & red pepper aioli  
£6.50 (df-a)

Brie & bacon jam £6.50

Balsamic tofu, artichokes & rocket  
£6.50 (vn) (df)

Smoked mackerel with olive relish  
£6.50 (df-a) (n)

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## Specials

Check the boards for today's specials

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## Cakes

Go and have a look at the bar or ask a member of staff what tasty treats we have to offer today, there should be delicious gluten free and vegan options too.

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## Ice Cream

Delicious ice cream made at a country creamery in the heart of Suffolk near the lovely old market town of Bury St Edmunds - The Manor Farm Creamery at Thurston. Check the board for flavours or ask one of those smiley staff types.

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(n) = contains nuts (v) = vegetarian (vn) = vegan  
(gf) = gluten free (gf-a) = gluten free adaptable  
(v-a), (vn-a), = vegetarian/vegan adaptable  
(df) = dairy free (df-a) dairy free 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.

**A full list of ingredients & allergens is available upon request for the whole menu, please let us know if you have an intolerance or allergy.**