

Breakfast Club

Morning Gloriousness served 9.00am - 12.00pm

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)
- Mixed berries (v)
- Greek yoghurt (v)
- Pickled figs (v)
- Vanilla ice cream (v)
- Dark chocolate buttons (v)

please note - all toppings are 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:

- Sumac tomatoes £1.00 (gf) (vn)
- Smoked free range bacon £2.00 (df)
- Black pudding £2.00 (df)
- Vegan black pudding £2.00 (vn)
- Extra toast & butter £1.00 (df-a)

Gluten free toast available instead of bread or as a side

Brunch menu overleaf, served 9am-3pm

(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

Sweet potato hash with tahini sauce

£7.00 (gf) (vn)

Nduja ragu on toast

Nduja is a spicy Italian pork salami
granary or sourdough toast £7.00 (gf-a) (df)

Mackerel & harissa fennel

on an English muffin £7.50 (gf-a) (df)

add a fried egg to a brunch for 50p

Platters

For sharing, starters, or as a tasty main course

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

Frank's Bar platter £4.50 for 1 person
Mixed breads, olives, hummus, oil & balsamic (vn)
Change to red pepper hummus for an extra £1.00

add £1.50 for each extra person

Mezze platter £14.50

Pickled figs, batata harra, baba ganoush, harissa
marinated fennel, baby carrots with chermoula,
pita bread, salad & sun dried tomatoes
(vn)

Tapas platter £15.50

Nduja, finocchiona, prosciutto ham, bocconcini,
focaccia, salad & sun dried tomatoes (gf-a) (df)

Nibbles

These nibbles are available all day

Smoked almonds - £3.50 (vn) (gf)

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

Sun-dried tomatoes - £3.50 (vn) (gf)

Feta stuffed peppadews - £3.50 (gf)

Guindillas - £3.50 (vn) (gf)

Bocconcini - £3.50 (v) (gf)

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

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

Grazers

Kale, roasted red pepper
& goats cheese frittata £5.50 (gf)

Roasted cauliflower with picada &
vegan almond aioli £5.50
served cold (vn) (n) (gf)

Baked cod with tomato & orange £7.50 (gf) (df)

Baba ganoush with minced lamb £6.50 (n) (df)

Picada chicken wings £5.50 (n) (df) (gf)

Churros with chocolate sauce £5.50 (v)

Homemade spicy chips & chipotle mayo
£4.50 (v) (vn-a) (df-a) (gf)

Light Meals

Pickled fig & mozzarella salad
green beans, shallots & lemon dressing £7.00 (v) (gf)

Winter fattoush salad £6.50
sweet potato, radish, green beans & pomegranate (vn)

Butternut squash, chilli & ginger soup
served with foccacia bread £7.00 (gf-a) (vn)

Spicy beef stew
served with mixed bread £8.50 (gf-a) (df-a)

Mains

Spiced vegetable tagine £10.50
with quinoa (vn) (gf)

Rump steak £14.50
spicy chips, rocket salad & chermoula (gf) (df)
served medium rare only

Chicken dhal £12.50
with vegetable crisps (gf) (df)

Zataar tuna steak £14.00
with tahini sauce & patata harra (gf) (df)
served pink

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

Ciabattas

All served hot & crispy with dressed mixed leaves

Sweet potato, salsa & rocket £6.50 (vn)

Kale, hummus & balsamic onions
£6.50 (vn)

Pickled figs, goats cheese & prosciutto
£6.50

Smoked trout & green tahini
£6.50 (df-a)

Zataar chicken, gruyere & tomato
£6.50

Specials

Check the boards for today's specials

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.

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.

(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.