

Breakfast Club

Morning Gloriousness served 9.00am - 12.00pm

Locally made pastries, served warm

- Croissant with butter & jam £3.00 (v)
- Almond croissant £3.50 (n) (v)
- Pain au chocolat £3.00 (v)

American-style pancakes £6.50 (v)

With either:

- Free range smoked Norfolk bacon & maple syrup
- Berries, Greek yoghurt & maple syrup (v)

Two eggs cooked how you like

On granary or white sourdough £5.50 (v) (df-a)

Toasted free range bacon sandwich

£6.00 or add a fried egg £6.50 (df-a)

Toast & butter with... £1.80 (v) (df-a)

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

Breakfast extras:

- Harissa tomatoes £1.00 (gf) (vn)
- Free range smoked Norfolk bacon £2.00 (df)
- Black pudding £2.00 (df)
- Vegan black pudding £2.00 (vn)
- Extra toast & butter £1.00 (df-a)

Swap bread for gluten free toast for an extra 50p

Brunch menu overleaf, served 9am-3pm

We buy our meat from a free-range farm called D J Barnard's just down the road in Attleborough, our eggs are also free-range and our milk and cream come from Marybelle dairy in Halesworth.

(Our 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

Pan fried chorizo with fried egg

Served on sourdough bread £7.50 (gf-a) (df)

Smoked salmon bagel

Served with harissa dressing, sautéed spinach

£7.50 (gf-a) (df-a)

Tofu Benedict

Served on a muffin with spiced roasted peppers,
dill tahini sauce £7.00 (vn) (gf-a)

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)

add £2.00 for each extra person

Mezze platter £14.50

Lemon couscous, falafel, dill tahini sauce, hummus, pitta bread, avocado with harissa dressing, pickled beetroot, salad & guindillas (vn)

Tapas platter £14.50

Fried chorizo, padron peppers, chips with gruyere cheese, habas fritas, salad with sundried tomatoes (gf)

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)

Habas fritas - £3.50

Guindillas - £3.50 (vn) (gf)

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

Baked ciabatta croutes & hummus with either:

- dukkah (n) (vn)

- basil pesto (gf) (n) (vn)

£5.50

Grazers

Caramelised broccoli
with garlic & pinenut aioli
£5.50 (gf) (n) (v)

Strawberry, rhubarb,
goat's cheese and mint salad
£6.00 (v) (gf)

Chilli prawns
with garlic and coriander £7.50 (gf)

Sticky honey ribs
with chilli & soy sauce £7.50 (gf) (df)

Deep fried chicken wings £6.50 (gf)
With harissa and maple syrup

Homemade chips & harissa mayo
£4.50 (vn-a) (gf)

Light Meals

Norfolk steak, walnut
& blue cheese salad
£7.50 (n) (gf) served medium rare

Chicken tawook £8.50
With cumin yoghurt & spicy roasted peppers
& pitta bread (gf-a)

Carrot & paprika soup
Served with foccacia bread £7.00 (gf-a) (vn)

Socca with ratatouille & goat cheese
£7.50 (gf) (v)

Mains

Lamb rump £14.50
With ratatouille & new potatoes (df) (gf)

Flat iron steak £14.50
Served with chimmichurri, chips & rocket (gf) (df)
served medium rare only

Pan fried trout £13.50
With lemon couscous, pickled beetroot & fennel salad (df)

Maghmour £11.50
Lebanese moussaka with rocket & pitta bread (vn) (gf-a)

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

Ciabattas

All served hot & crispy with dressed mixed leaves

Roast vegetables, chimmichurri & tofu
£6.50 (vn)

Prawn, avocado & crème fraîche
£6.50

Serrano ham, mango chutney
& mozzarella £6.50

Dukkah chicken
with spiced yoghurt & rocket £6.50 (n)

Fried halloumi, basil pesto
& sundried tomato £6.50 (n) (v)

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.