

Breakfast Club

Morning Gloriousness served 9.00am - 12.00pm

Locally made pastries, served warm

- Croissant with butter & jam £3.50 (v)
- Almond croissant £4.00 (n) (v)
- Pain au chocolat £3.60 (v)

Mixed berries granola bowl £4.80 (v)

American-style pancakes £7.50 (v)

With either:

- Free range smoked Norfolk bacon, cherry tomatoes, poached egg & maple syrup
- Strawberries and nutella with whipped cream & maple syrup (n) (v)

Two eggs cooked how you like

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

Toasted free range bacon sandwich

£6.50 or add a fried egg £7.50 (df-a)

Toast & butter with... £2.50 (v) (df-a)

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

Breakfast extras:

- Roasted cherry tomatoes £1.00 (gf) (vn)
- Free range smoked Norfolk bacon £2.50 (df)
- Black pudding £3.00 (df)
- Vegan black pudding £3.00 (vn)
- Garlic and parsley mushrooms £2.00 (v)
- Avocado £2.00 (df) (vn)
- Extra toast & butter £1.00 (df-a)

Swap bread for gluten free toast for an extra 50p

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 comes 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

Scrambled eggs, spinach,
tomatoes & feta

Served with pitta bread and salad £7.50 (gf-a) (v)

Tomato salsa bruschetta
£6.50 (vn)

add jamon serrano for £2.20

Chorizo hash with sautéed spinach, new
potatoes & paprika fried egg £8.00 (df) (gf)

Smoked haddock kedgeree £8.50 (gf)

Nibbles

These nibbles are available all day

Smoked almonds - £3.50 (gf) (vn)

Mixed olives, lemon & garlic - £3.60 (gf) (vn)

Mixed flavoured breads with
olive oil/butter & balsamic vinegar - £3.50 (vn)

Peppadew peppers stuffed with feta cheese
(gf) (v) £4.00

Cornichons (gf) (vn) £2.50

Grazers

Crispy aubergine with lentil
tabbouleh & yoghurt dressing
£7.50 (n) (v) (vn-a) (contains sesame seeds)

Grilled chicken kabobs £8.50
Served with a side of cayenne tahini sauce,
salad & pitta bread (contains sesame seeds)

Tuna, chickpeas & avocado salad
£7.50

Fried artichokes (vn) £5.50
Served with taratur sauce

Patatas bravas (df) (gf) (vn) £5.00
Served with spicy tomato sauce

Homemade chips (df-a) (gf) (v / vn) £5.00
With either aioli, vegan aioli or tomato salsa

Mains

Beetroot hummus buddha bowl £11.00

Beetroot hummus, lemon chickpea & aubergine salad, bulgur wheat, cucumber, cherry tomatoes with a tahini balsamic dressing & a sprinkle of sesame seeds

(gf) (vn) (contains sesame seeds)

Norfolk flat iron steak £14.50

Served with a balsamic reduction, tomato salsa, mixed salad & homemade chips (df) (gf)
served medium rare only

Butterfly harissa chicken £12.00

Norfolk chicken served with parsley, raisins, tahini yoghurt & lemon bulgur wheat salad

(df-a) (contains sesame seeds)

Pan-fried cod £14.00

Served with chorizo, cherry tomatoes, spinach & new potatoes (df)

Aubergine, roasted peppers & basil pesto stacks £9.50

With a sprinkle of bread crumbs, served with salad & herby potato cubes (gf-a) (vn)

Platters

For sharing, starters, or as a tasty main course
Served 12pm - 3pm & 6pm - 10pm

frank's bar platter £5.00 for 1 person

Mixed breads, olives, hummus, oil & balsamic
(vn) (contains sesame seeds)

add £2.00 for each extra person

Hummus platter £6.00 for 1 person

Hummus, beetroot hummus & green chilli hummus
served with homemade croutes (vn) (contains sesame)

add £2.00 for each extra person

Mezze platter £14.50

Lemon chickpea & aubergine salad, lemon bulgur wheat, cherry tomatoes, red onions, feta, mixed olives & pitta bread

(vegan if feta is substituted for scrambled tofu)

Tapas platter £15.50

Chorizo, spanish omelette squares, patatas bravas, garlic mushrooms, jamon serrano, manchego cheese, mixed olives & pitta bread (gf-a)

Ciabattas / Sandwiches

All served hot & crispy with dressed mixed leaves

Sautéed mushrooms, onions,
spinach & vegan garlic mayonnaise
£6.50 (vn)

Buttermilk fried chicken
Served with harissa mayonnaise & mixed salad
£6.50

Crunchy tuna mayonnaise melt £7.00
Tuna, red pepper & gruyère cheese

Vegetarian club sandwich £6.50
Roasted peppers & aubergine on toasted granary

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.