

# Breakfast Club

Morning Gloriousness served 9.00am - 12.00pm

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## 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

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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.

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(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  
salad & 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

(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 £10.00**

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

## **Platters**

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

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### **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

All served hot & crispy with dressed mixed leaves

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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

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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.**