



frank's bar

Starters

Sun dried tomato arancini balls

Served with bravas sauce (e) (m) (v)

Pan-fried sardine fillets

With roasted peppers & flavoured potatoes on toasted bread (df) (gf-a)

Baked mushroom

Rosemary, garlic & soy butter with crunchy herby breadcrumbs (df) (vg) (gf-a)

Gambas Pil Pil

Prawns with garlic & chilli (cr) (df) (gf)

Mains

Norfolk chicken breast

On a creamy potato purée, sautéed spinach & pinenuts (gf) (m) (contains pinenuts)

Baked cod fillet

On herby lentils & Norfolk bacon (c) (f) (gf) (m)

Smoked salmon, lemon & pea risotto (f) (gf) (m)

Loaded sweet potato skins

With homemade guacamole, fresh chilli & tomato salsa, topped with tofu cheese (df) (gf) (vg)

Desserts

Mixed berries pavlova (e) (gf) (m)

Autumn Eton Mess (e) (gf) (m)

Dark chocolate & orange mousse (df) (gf) (vg)

Lemon & ginger cheesecake (m)

Tuesday - Friday

30/10 - 2/11 & 6/11 - 9/11

Lunch: 12.00pm - 3.00pm Dinner: 6.00pm - 10.00pm

Two courses £12 or three courses £17

(df) = dairy free (df-a) dairy free adaptable (f) = fish (m) = contains milk
(e) = contains egg (cr) = contains crustaceans (n) = contains nuts
(c) = celery (v) = vegetarian (vg) = vegan (v-a), (vg-a), = vegetarian/vegan adaptable
(gf) = gluten free (gf-a) = gluten free adaptable