

# **Sunday Breakfast**

---

Breakfast loveliness  
served 10.00am - 6.00pm

## **Frank's Bar Sunday Menu**

**10.00am - 6.00pm**

---

### **Fresh Roasted Tomato Bloody Mary Sunday Special**

With pickle juice, harissa & spices

- Double shot £7.50
- Single shot £5.50
- Bloody shame (virgin) £3.50

### **Frank's Bar Full English**

Sausage, bacon & black pudding, roasted tomato, portobello mushroom, sauté potatoes, herby baked beans, egg & toast £8.50

### **Vegetarian Full English**

Roasted tomato & mushroom stack with halloumi cheese, vegetarian black pudding, sauté potatoes, herby baked beans, egg & toast (v) £7.00

### **Vegan Full English**

Roasted tomato & mushroom stack, vegan black pudding, sauté potatoes, herby baked beans, toast & salad (vn) £6.50

### **Shakshuka**

Eggs baked in a tomato & pepper stew with with feta (v) (gf) £7.50

---

To ensure everybody's food is delivered as smoothly as possible, we unfortunately cannot offer swaps or changes to listed menu items

## **Toasted Bagel** with:

- Bacon & egg
- Mushroom, tomato, halloumi, rocket (v)
- Chorizo, scrambled egg & red peppers.

All bagel options £6.50

## **American style pancakes & maple syrup** with:

- Crispy free-range smoked bacon
- Berries & Greek yoghurt (v)

All pancake options £7.00

## **Anchovy soldiers & poached eggs**

Soldiers of sourdough or granary toast with anchovy, parmesan & parsley butter  
(gf-a) £6.00

## **Granola**

With fresh fruit, yoghurt,  
honey & cinamon (v) £4.80

**Toast** with jam / marmalade /  
marmite / nutella (contains nuts) /  
£2.50

or our herby baked beans (v) £3.50

(gluten free toast available)

## **Locally Made Pastries** (v):

- Croissant with jam £3.50
- Almond croissant £4.00 (contains nuts)
- Pain au chocolat £3.60

---

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.

Lovely job.

---

## **Cakes**

Have a look at the bar or ask a member of staff what tasty treats we have to offer today, there should be some gluten free options available 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.

---

(gf) = gluten free (v) = vegetarian  
(vn) = vegan

Please be aware that we do use a variety of nuts and cereals in our kitchen and whilst we take every precaution we cannot fully guarantee the absence of traces of nuts or gluten.