

Breakfast Club

Morning Gloriousness served 9.00am - 12.00pm

Locally made pastries, served warm (may contain traces of nuts)

- 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 & maple syrup
- Mixed berries with yoghurt & maple syrup (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)
- Scrambled tofu £2.50 (vn)
- Free range smoked Norfolk bacon £2.50 (df)
- Black pudding £3.00 (df)
- Chorizo £2.50
- 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

Spicy avocado on sourdough with sundried tomatoes & dukkah £7.50

(gf-a) (vn) (dukkah contains nuts)

Add an egg for 50p

Shakshuka £8.50

Chorizo & baked eggs in a tomato & pepper stew (gf) (vn-a with scrambled tofu)

Smoked salmon bagel with scrambled eggs £7.50

Garnished with dill, served with salad (gf-a)

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 / v)

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

Boccaccini (gf) £3.50

Mozzarella balls

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

Baked ciabatta croutes & hummus

With your choice of either dukkah or chimichurri
£5.00 (df) (gf-a) (vn) (dukkah contains nuts)

Mezze platter £14.50

Falafel with baba ganoush, avocado, spicy fried chick-peas, turlu turlu, pickled kohlrabi, salad & pitta (gf-a) (vn)

Tapas platter £15.50

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

Mains

Moroccan spiced tagine £11.00

Served with bulgur wheat (gf-a) (vn)

Norfolk flat iron steak £14.50

Served with chimichurri, chips & rocket (df) (gf)
served medium rare only

Imam bayildi £12.00

Turkish stuffed aubergines with a couscous tabouleh
(gf-a) (vn)

Braised chicken leg with fennel £13.00

Clementine, anise & saffron sultana pilaf

(contains sesame seeds) (df) (gf)

Pan-fried sea bream £14.00

Served with turlu turlu & salsa verde (df) (gf)

Grazers

Lamb shawarma £7.50

Served with pitta bread & baba ganoush
(df) (gf-a) (contains pine nuts)

Soup of the day £6.50

(gf-a) (v)

Smoked mackerel & blood orange salad

£7.50 (df) (gf)

Patatas bravas £5.00 (df) (gf) (vn)

Served with spicy tomato sauce

Chargrilled fennel salad £5.00

With pomegranate & pistachios (vn) (contains nuts)

Gambas pil pil £6.00 (df) (gf)

Garlic & chili prawns

Homemade chips £5.00 (df-a) (gf) (v / vn)

With either aioli or chimichurri

“delicious ciabattas” you say? Turn to the back page...

Ciabattas

All served hot & crispy with dressed mixed leaves

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

Harissa Norfolk free-range chicken
& mozzarella £7.00

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

Turkish roasted vegetables & spinach
£6.50 (vn)

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.