

# **Sunday Breakfast**

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Breakfast loveliness  
served 10.00am - 5.00pm

# Frank's Bar Sunday Menu

10.00am - 5.00pm

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## **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, slow roasted tomato, portobello mushroom, sauté potatoes, herby baked beans, egg & toast £9.50

## **Vegetarian Full English**

Slow roasted tomato, portobello mushroom, fried halloumi cheese, vegetarian black pudding, vegan sausages, sauté potatoes, herby baked beans, egg & toast  
(v) £9.00

## **Vegan Full English**

Slow roasted tomato, portobello mushroom, vegan black pudding, vegan sausage, sauté potatoes, herby baked beans, scrambled tofu & toast  
(vn) £8.50

## **Shakshuka**

Eggs baked in a tomato & pepper stew with with feta (v) (gf) £8.50

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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
- Smoked salmon with scrambled egg
- Sautéed mushrooms & scrambled tofu (v)
- Chorizo, scrambled egg & red peppers.

All bagel options £6.50

## **Two eggs cooked how you like**

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

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

- Crispy free-range smoked bacon
- Berry compote & 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) £6.50

## **Granola**

With fresh fruit, yoghurt,  
honey & cinnamon (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):

(may contain traces of nuts)

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

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Our vegan sausages are made just down the road at Tofurei. We buy our meat from a free-range farm called D J Barnard's based nearby in Attleborough, our eggs are also free-range and our milk and cream come from Marybelle Dairy in Halesworth. Lovely job.

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## **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.

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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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(gf) = gluten free (df) = dairy 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.