

Brunch

Served 9.00am - 3.00pm

Sautéed wild mushrooms
& tarragon on sourdough with
a poached egg £7.50 (df) (gf-a) (v) (vn-a)

Spicy avocado on sourdough with
sundried tomatoes & dukkah £7.50
(gf-a) (vn) (dukkah contains nuts)

Add an egg for 50p

Smashed broad beans
& pea bruschetta £7.50 (df) (gf-a) (vn)
Available with goats cheese for an additional £1.00

Hot smoked salmon hash
with a soft boiled egg £8.00 (df) (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 / v)
Peppadew peppers stuffed with feta cheese
(gf) (v) £4.00
Guindillas (pickled chillies) (gf) £3.50
Bocconcini (mozzarella balls) (gf) £3.50

Platters

For sharing, starters, or as a tasty main course
Served 12pm - 3pm & 6pm - 9.30pm

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 za'atar or chimichurri
£5.00 (df) (gf-a) (vn) (za'atar contains sesame seeds)

Summer platter £7.50
Tzatziki, guacamole & salsa with croutes (gf-a) (vn)

Mezze platter £13.50
Muhamarra, falafel, tabouleh, rosemary pitta chips,
oven dried tomatoes, olives & salad
(vn) (contains nuts)

Tapas platter £15.50
Chorizo omelette squares, sliced salami,
talagio cheese with membrillo, fresh anchovies,
toasted focaccia & salad (gf-a)

Mains

Black pepper tofu with peppers & coriander £13.00

Served with a vegetable braised rice (df) (gf) (vn)

Norfolk flat iron steak £15.00

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

Borani Banjan £12.00

Afghan fried aubergines with yoghurt, garlic & mint
(gf) (v) (vn-a)

Pan fried cod £14.00

With samphire & a tomato & ginger sauce (df) (gf)

Slow braised Norfolk pork belly £11.00

With a puy lentil & chorizo casserole,
roasted cherry tomatoes & rocket (gf-a)

Grazers

Lamb shawarma £7.50

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

Roasted butternut squash salad with oven dried tomatoes

£7.50 (df) (gf) (vn) (contains sesame seeds)

Norfolk beef meatballs £8.00

Served with spicy arrabiata sauce (df) (gf)

Iranian herb fritta £7.00

With a herby tartare sauce (df) (v) (contains nuts)

Chargrilled prawn brochettes £7.50

With chilli, ginger & ouzo, served with focaccia bread
(df) (gf-a) (contains anise)

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

With either harissa mayonnaise or chimichurri

Pickled fig, green bean & feta salad £7.50

(df-a) (gf) (v) (vn-a)

Ciabattas & Sandwiches

All served hot & crispy with dressed mixed leaves

Roasted tomato & goats cheese

Open sandwich on sourdough

£6.50 (v) (vn-a) (contains celery)

Harissa Norfolk free-range chicken
& mozzarella ciabatta £7.00

Flaked smoked mackerel,
gruyere & gooseberry ciabatta £7.00

Sweet potato, tomato salsa
& rocket ciabatta £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.

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
- Berry compote with Greek 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)
- Vegan black pudding £3.00 (vn)
- 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 - 9.30pm Tuesday - Thursday
12pm-3pm & 6pm-10pm Friday
12pm - 10pm Saturday