

# frank's bar

## lovely job

Tuesday - Thursday: 9am - midnight

Friday & Saturday: 10am - 2.30am (last entry 2am)

Sunday: 10am - 10.30pm

franksbar.co.uk   @franksbar **wifi:** lovelyjob

## Breakfast Club

Morning gloriousness served 9am - 12

### Pastries, served warm £3

- Croissant with butter & jam (v)

- Almond croissant (n) (v)

- Pain au chocolat (v)

(may contain traces of nuts)

### American-style pancakes £7.50

With either:

- Free-range smoked Norfolk bacon and maple syrup

- Berry compote with Greek yoghurt & maple syrup (v)

### Two eggs cooked how you like £5

On granary or white sourdough (v) (df-a)

### Toasted free-range bacon sandwich £6.50

- Add a fried egg for £1 extra (df-a)

### Toast & butter with... £2.50

- Jam, marmalade, marmite or nutella (n)

### Breakfast extras:

- Roasted cherry tomatoes (gf) (vn) £1

- Scrambled tofu (vn) £3

- Free-range smoked Norfolk bacon (df) £2.50

- Black pudding (df) £3

- Vegan black pudding (vn) £3

- Avocado (vn) £2.50

- Extra toast & butter (df-a) £1

Swap bread for gluten free toast for an extra 50p

We buy our meat from a free-range farm called D J Barnard's in Attleborough, our eggs are also local and free-range.

## Brunch

---

Served 9am - 2.30pm

---

Sautéed wild mushrooms & tarragon on sourdough £7.50

(v) (vn) (gf-a)

Add an egg for 50p

Kale, chorizo and sweet potato hash with a fried egg £7.50

(gf) (v-a)

Smoked mackerel pate on sourdough with pickled beetroot dill & crème fraîche £7.50

(gf-a)

## Ciabattas

---

Served 12pm - 2.30pm (3pm on Friday & Saturday)

All served hot & crispy with dressed mixed leaves

---

Norfolk harissa chicken & mozzarella (gf-a) £7

North Atlantic prawns with a spicy Marie Rose sauce & avocado £6.50

(gf-a)

Chorizo & red pepper with gruyere (gf-a) £7

Falafel with home-pickled sweet & sour cucumber and a vegan mayo £7

(v) (vn) (gf-a)

## Nibbles

---

Smoked almonds (gf) (vn) £3.50

Mixed olives, lemon & garlic (gf) (vn) £3.60

Mixed flavoured breads with olive oil/butter & balsamic vinegar (v/vn) £3.50

Guindillas (Pickled chillis) (gf) £3.50

Bocconcini (Mozarella balls) (gf) £3.50

## Mains

---

- Slow braised beef casserole** £12  
Orange, ginger, toasted hazelnuts and mustard mash (gf)(contains nuts)
- Pan-fried salmon** £13  
Lemon & sultana pilaf, preserved lemon & crème fraîche (df) (gf)
- Roasted sweet potato filled with kidney beans, chilli and onion** £9.50  
Topped with a herb crust (df) (gf-a) (v) (vn)
- Norfolk flat iron steak** £15  
With chimichurri, chips & rocket (df) (gf)  
Served medium-rare

## Grazers

---

- Lamb shawarma** £8  
Pitta bread & hummus (df) (gf-a) (contains pine nuts)
- Moroccan red lentil & chickpea soup** (v) (vn) (gf) £7
- Homemade chips** £4.50  
With sriracha or vegan mayonnaise (gf)
- Chargrilled prawn brochettes** £7.50  
With chilli, ginger & ouzo. Served with toasted focaccia bread (df) (gf-a) (contains anise)
- Rosemary roasted butternut squash salad with sautéed mushrooms** £7.50  
(v) (vn) (df) (gf)
- Tofu & sweetcorn fritters** £7.50  
Coriander & lime relish (v) (vn) (gf-a)
- Baked eggs with Norfolk beef, smoked aubergine & tomato** £8.95  
Tahini relish (df) (gf-a)  
Allow a little extra cooking time
- Middle Eastern lamb koftas** £7.50  
Served with tzatziki & pitta (gf-a)

# Platters

---

For sharing, starters, or as a tasty main course  
served 12 - 2.30pm & 6pm - 9.30pm

---

## Frank's bar platter (for one) £5

Add £2 for each extra person

Mixed breads, olives, hummus, oil & balsamic  
(vn) (contains sesame seeds)

## Mezze platter £13.50

Falafel, Garlic roasted tender stem broccoli, giant  
cous cous tabouleh, toasted focaccia, roasted  
red pepper hummus, mixed leaf salad & olives  
(v) (vn) gf-a)

## Tapas platter £15

Chorizo, Spanish omelette, pecorino cheese, sliced  
chorizo and prosciutto, toasted focaccia,  
cornichons, olives and mixed leaf salad  
(gf-a)

# Afters

---

## Cakes

Check at the bar or ask a member of staff what we have on  
offer today. We should have gluten-free and vegan options too.

## Ice cream

Check the board for flavours or ask one of our smiley staff  
about the delicious ice cream made at The Manor Farm  
Creamery in Bury St Edmunds

# Specials

---

## Check the boards for today's specials

(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,  
please let us know if you have an intolerance or allergy.