

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 (3pm on Friday & Saturday)

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) £7.50

North Atlantic prawns with a spicy Marie Rose sauce & avocado £7.50

(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 & 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 mayonnaise, vegan mayonnaise or chimichurri (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

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

Spanish omelette with chorizo, 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.