

## **Frank's Bar Sunday Menu** served 10.00am - 5.00pm

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### **Frank's Sunday special**

#### **Bloody Mary (gf) (vn)**

With roasted tomatoes, pickle juice,  
harissa & spices

- Bloody shame (virgin) £3.50
- Single shot £5.50
- Double shot £7.50

### **Frank's Bar Full English**

Sausage\*, bacon, black pudding\*,  
slow-roasted tomato, roasted  
mushroom, sautéed potatoes, herby  
baked beans, egg & toast\* £9.95

\*Gluten free option available without  
these items

### **Vegetarian Full English**

Slow-roasted tomato, roasted  
mushroom, fried halloumi,  
homemade vegan black pudding\*,  
Tofurei cumberland soysage, sautéed  
potatoes, herby baked beans, egg &  
toast\* (v) £9.50

\*Gluten free option available without  
these items

### **Vegan Full English**

Slow-roasted tomato, roasted  
mushroom, homemade vegan black  
pudding\*, Tofurei cumberland  
soysage, sautéed potatoes, herby  
baked beans, scrambled tofu & toast\*  
(vn) £9.50

\*Gluten free option available without  
these items

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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

## Shakshuka

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

## Locally made bagel toasted & topped with

- Bacon & egg
- Sautéed mushrooms & scrambled tofu (v)
- Chorizo, scrambled egg & red peppers.

All bagel options £6.50 (gf-a)

## Two eggs cooked how you like

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

## American-style pancakes with:

- Free-range smoked bacon & maple syrup
- Berry compote & Greek yoghurt (v)

£7.50

## 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

## Granary or sourdough toast

- with jam, marmalade, marmite or nutella(n) £2.50
- our herby baked beans (v) £3.50  
(gluten free toast available)

## Locally Made Pastries (v) £3

(may contain traces of nuts)

- Croissant with butter & jam
- Almond croissant (n)
- Pain au chocolat

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

(v) = vegetarian (vn) = vegan

(n) = contains nuts

(-a) allergen adaptable

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.

Our vegan sausages are made locally  
by the fantastic Tofurei.  
Our eggs & meat are all free-range  
& local.  
Lovely job.

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## **Cakes**

Have a look at the bar or ask a  
member of staff what locally-made  
sweet treats we have to offer today,  
we always endeavour to have gluten  
free & vegan cakes available too.

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## **Ice Cream**

Delicious ice cream & sorbet made at  
a 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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# **Sunday Breakfast**

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Breakfast loveliness  
served 10.00am - 5.00pm