

# frank's bar

## lovely job

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

Full menu served 9am - 2.30 in the week  
& 9am- 4.30pm on Saturday

### Breakfast Club (served until 12pm)

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:

- Free-range smoked Norfolk bacon (df) £2.50
- Black pudding (df) £3
- Homemade vegan black pudding (vn) £3
- Avocado (vn) £2.50
- Extra toast & butter (df-a) £1
- Extra egg £1

### Brunch (served until end of lunch)

Sautéed wild mushrooms with tarragon  
on sourdough £7.95 (df) (gf) (vn)

Anchovy soldiers on sourdough  
with a poached egg £7.50 (gf-a)

Shakshuka with baked eggs or  
scrambled tofu £7.50 (v) (vn-a) (df)

### Ciabattas (served from 12pm)

All served hot & crispy with dressed mixed leaves

Norfolk bacon, brie & cranberry sauce  
(gf-a) £6.95

North Atlantic prawns with sriracha  
mayonnaise & avocado (gf-a) £6.95

Roasted vegetables, rocket pesto & sour  
cream (gf-a) (vn) (df) £6.50

Falafel with home-pickled sweet & sour  
cucumber & vegan mayo (gf-a) (vn) (df) £6.50

### Mains (served from 12pm)

Norfolk flat iron steak £15

With chimichurri, chips & rocket (df) (gf) (served medium-rare)

Moroccan spice chickpea  
& vegetable tagine (gf) (vn) £12

Roast breast of guinea fowl £15  
With giant couscous, onion & preserved lemon chutney & yoghurt

### Substantial Light Meals (from 12pm)

Lamb shawarma £8.95  
Pitta bread & hummus (df) (gf-a) (contains pine nuts)

Soup of the day £6.50  
Served with mixed bread

Warm salad of roasted butternut squash,  
celeriac, red onion, feta, hazelnut with  
a lime and coriander relish (contains nuts) £8.95

### Small Plates (served from 12pm)

(two or more per person is substantial)

Green beans, sun dried tomato  
& pine nuts. £4.50

Chilli and garlic tiger prawns £5.50

Patatas aioli £4.50

Roast red pepper Spanish omelette £4.50

Homemade chip £4.50  
With sriracha or vegan mayonnaise (df) (gf) (v/vn)

### Platters (1 platter is 1 substantial meal)

Frank's bar platter £5.95  
Mixed breads, olives, sundried tomatoes, hummus,  
oil & balsamic (vn) (contains sesame seeds)

Mezze platter £13.50  
A selection of pickles, spiced tortillas, mixed leaves, babaganoush,  
falafel, giant couscous tabouleh, olives  
(vn) (gf-a)

### Nibbles (served all day)

Smoked almonds (gf) (vn) £3.50

Marinated mixed olives (gf) (vn) £3.60

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

Guindillas (Pickled chillis) (gf) £3.50

(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.