

frank's bar

lovely job

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

Breakfast Club (served until 12pm)

American-style pancakes £8

With either:

- Free-range smoked Norfolk bacon and maple syrup
- Berry compote with Greek yoghurt (v)

Two eggs cooked how you like £6

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

Scrambled tofu on toasted sourdough £6

On granary or white sourdough (gf-a) (vn)

Norfolk Bacon sandwich £6.50

- Add a fried egg for £1 extra (gf-a) (df)

Toast & butter with... £2.50

- Jam, marmalade, Marmite or Nutella (n) (vn-a)

Breakfast extras:

- Free-range smoked Norfolk bacon (df) (gf) £2.50
- Avocado (vn) (gf) £2.50
- Extra toast & butter (df-a) (gf-a) (vn) £1
- Extra egg (v) (gf) £1

Brunch (served until end of lunch)

Spiced avocado on toasted sourdough with dukkah (vn)(gf-a) (N) £7.00

- Add a poached egg for £1 extra (gf-a) (df) (v)

Shakshuka with baked eggs or scrambled tofu (gf) (v/vn) £8.00

Ciabattas (served from 12pm)

All served hot & crispy with dressed mixed leaves

Pulled pork, chopped guindillas & cheddar (gf-a) £7.95

Bacon, brie & cranberry sauce (gf-a) £7.50

Roasted flat mushrooms, balsamic onions & rocket (gf-a) (vn) £6.95

Mains (served from 12pm)

Flat Iron Steak £15

With chimichurri, homemade chips, harissa roasted tomato & a rocket salad (df) (gf) (served medium-rare)

Imam Bayildi £12

Roasted aubergines with Moroccan spiced cous cous (vn)

Light Meals & Salads (from 12pm)

Lamb shawarma £9.50

With hummus, toasted pine nuts & pitta (gf-a) (df)

Red lentil dhal £8

With cumin flatbread (vn)

Local asparagus & feta salad £7.50

With plum tomatoes, mixed leaves & a balsamic vinaigrette (v) (vn-a)

Moroccan spiced tabouleh £6.50

With mixed leaves & a sundried tomato & pomegranate dressing (vn)

Baked cod £10.50

With jersey royals & samphire (gf) (df)

Whitebait with a lemon aioli (gf)(df) £6.50

Homemade chips £4.50

With harissa mayonnaise or vegan mayonnaise (v) (df) (vn-a)

Platters

Frank's Bar platter (for one) £5.95

(Add £2 for each extra person)

Mixed breads, homemade hummus, marinated olives, oils & balsamic vinegar (vn) (contains sesame seeds)

Deli Board £10

Norfolk dapple, Binham blue & brie, prosciutto ham, croutons, red onion chutney & fruit. (gf-a) (v-a)

Nibbles (served all day)

Marinated olives (gf) (vn) £3.60

Mixed flavoured breads £3.50

With oil or butter & balsamic vinegar (v/vn)

Smoked almonds (gf) (vn) « 3.50

(gf) gluten-free; (gf-a) gluten-free adaptable; (v) vegetarian; (vn) vegan; (v-a), (vn-a) vegetarian/vegan adaptable (N) contains nuts

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