

# 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 & cherry tomatoes  
on toasted sourdough (gf-a) (vn) £6.95

Norfolk bacon sandwich £6.50

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

Toast & butter with... £2.95

- 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 the end of lunch)

Toasted sourdough topped with local pork  
& wholegrain mustard sausages,  
caramelised red onion & sweet peppers £8.95

Wild mushrooms with tarragon  
on sourdough (vn) £8.95

Add a poached egg for £1

Smoked haddock kedgeree  
with a soft boiled egg £8.95

### Ciabattas served from 12pm

Served hot & crispy with dressed mixed leaves

Meatball, mozzarella & rocket £8.50

Roasted courgette & aubergine  
with basil sauce (gf-a) (vn) £7.50

Mushroom, onion & chimichurri  
(gf-a) (vn) £7.50

Bacon, brie & cranberry sauce (gf-a) £8.50

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

### Light Meals & Mains (from 12pm)

Fried artichokes with vegan aioli (gf-a) (v) £5.95

Roasted figs, caramelised onions, goats cheese  
& toasted pine nuts (gf) (n) (v) (vn-a) £6.95

Burnt aubergine, baby gem lettuce,  
cucumber, yoghurt & chilli (gf) (v) £5.95

Homemade chips with sriracha mayonnaise or  
vegan mayonnaise (v/vn) £4.95

Whitebait with a lemon mayonnaise £6.95

Roasted courgette & aubergine salad £7.95  
With toasted mixed seeds & a tahini dressing (gf) (vn)

Chorizo, roasted red onions & manchego salad  
With pomegranate molasses & lime dressing (gf) £8.95

Lamb shawarma £8.95  
Served with hummus, pine nuts, pomegranate seeds & pitta

Butternut squash and sage risotto (gf) (v) £9.95

Tandoori spiced cauliflower (gf) (vn) £12.50  
With braised sultanas, vegetable pilau & a tamarind dressing

Flat iron steak £15.95  
With chimichurri sauce, roasted flat mushroom & homemade chips (df)  
(gf) (served medium-rare)

Pan fried sea bream £13.95  
With fried okra, giant couscous & a basil dressing

### Nibbles (served all day)

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)

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

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.