

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
- Blueberry compote, greek yogurt & flaked coconut (v)

Two eggs cooked how you like £6

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

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
- Extra toast & butter (df-a) (gf-a) (vn) £1
- Extra egg (v) (gf) £1

Brunch All served on toasted sourdough

Chorizo, black pudding & spinach hash (gf-a) £9.95

add a fried egg « 1

Balsamic vine tomatoes, kale & hummus topped with sunflower seeds (gf-a) (vn) £8.95

Wild mushrooms with tarragon (vn) £8.95

add a poached egg for £1

Smoked mackerel with beetroot & dill (gf-a) £8.95

Ciabattas served from 12pm

Served hot & crispy with dressed mixed leaves

Norfolk pork sausage, brie & red onion chutney (gf-a) £8.50

Marinated tofu with tomato, spinach & chutney (gf-a) (vn) £7.50

Halloumi with spicy tomato & rocket (gf-a) (v) £7.50

Artichoke, tomato, mozzarella & chimmichurri (gf-a) (v) (vn) £7.50

(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)

Za'atar roasted root vegetables with a spiced parsnip puree & toasted pine nuts (gf) (vn) £8.95

Harissa & maple chicken wings (gf) £6.50

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

Roasted beetroot, goats cheese & hazelnut salad (gf) (v) (vn-a) (contains nuts) £7.95

Homemade spiced flatbreads with baba ganoush, pickled fennel & blood orange (v) (vn-a - with pitta bread instead of flatbread) £7.50

Mixed vegetable nasi goreng £8.95
Spicy Indonesian fried rice dish (gf) (vn)

Add a fried egg « 1

Spinach pancake, roasted vegetables, tomato chutney, salsa verdi & toasted pine nuts (df) (vn) « 10.95

Slow braised beef goulash « 10.95
Served with rice, topped with sour cream

Slow braised pork belly with a sweet potato purée & sprouting broccoli (gf) « 12.50

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

Tequila & beetroot cured salmon with roasted celeriac remoulade & coriander shoots (gf) « 7.95

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) (n) £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.