

Breakfast Club

Morning Gloriousness served 9.00am - 12.00pm

Locally made pastries, served warm (v) :

- Croissant with butter & jam £3.00
- Almond croissant £3.00 (n)
- Pain au chocolat £3.00

American-style pancakes £6.00

- Crispy free-range smoked bacon & maple syrup
- Blood orange & caramel (v)

Two eggs cooked how you like

On granary or white sourdough £5.00 (v) (df-a)

Toasted free range bacon sandwich £6.00

Add a fried egg £6.50 (df-a)

Toast & butter with... £1.50 (v) (df-a)

Choose from jam, marmalade, marmite, or nutella (n)

Breakfast extras:

- Chimichurri tomatoes £1.00 (v) (df)
- Smoked free range bacon £2.00 (df)
- Black pudding £2.00 (df)
- Vegan black pudding £2.00 (df)
- Extra toast & butter £1.00 (df-a)

Gluten free toast available instead of bread or as a side

Brunch

Served 9.00am - 3.00pm

Spicy sausages with baked eggs £6.50

Peppers & tabasco, served with focaccia (gf-a) (df)

Smoked salmon kedgeree £7.00

Boiled egg, spring onion & parsley (gf)

Wild mushrooms, thyme & garlic £7.00

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

With a poached egg £7.50

(Our lunch & evening menu is overleaf)

Served 12pm - 3pm & 6pm - 10pm Tues - Fri,
12pm - 10pm on Saturday

Nibbles

These nibbles are available all day

Smoked almonds - £3.50 (vn) (gf) (df)

Mixed olives with lemon & garlic - £3.50 (vn) (gf) (df)

Pomodoretto sun-dried tomatoes - £3.50 (vn) (gf) (df)

Pickled mushrooms - £3.50 (vn) (gf) (df)

Guindillas £3.50 (vn) (gf) (df)

Mixed flavoured breads

olive oil/butter & balsamic vinegar - £3.00 (vn)

Homemade spiced tortilla chips with aubergine dip, salsa, & butterbean & rocket dip - £5.50 (v) (vn-a) (df-a)

Baked ciabatta croutes & hummus with either pistachio & pomegranate relish (vn) (df) (n) or chimichurri £5.00 (vn) (df)

Platters

For sharing, starters, or as a tasty main course

Frank's Bar platter £4.50 for 1 person

Mixed breads, olives, hummus, oil & balsamic (vn) (df)

add £1.50 for each extra person

Mezze platter £14.00

Sweet potato kibbeh with caramelised onion, maftoul tabbouleh, beetroot baba ganoush, rice stuffed vine leaves, pitta bread, salad & guindillas (vn) (df)

Tapas platter £14.00

Serrano ham, ventricina spicy salami, chorizo, pecorino sardo cheese, mixed bread, oil & balsamic vinegar & olives (gf-a)

Grazers

Pork belly squares £7.00 (gf) (df)

Sherry vinegar & quince

Chicken tacos £6.50 (gf) (df)

pineapple salsa & coriander

Quinoa & spring onion cakes £7.00

salbitxada sauce (gf) (vn) (n) (df)

Spicy courgette pockets £6.50 (gf-a) (v)

pitta bread, tahini yoghurt & harrisa

Homemade spicy chips & harissa mayo

£4.00 (gf) (v) (vn-a) (df-a)

Change to sweet potato chips for an extra £1.00

Pecorino sardo cheese £5.50 (gf)

served with quince membrillo

Taramasalata £5.50 (df)

served with pitta bread & salad

Light Meals & Salads

Beef goulash soup
£7.50 (gf)

Moroccan carrot & blood orange
salad £7.00

beetroots & pinenuts (gf) (vn) (df) (n)

Norfolk lamb rump £7.00

With sweet potato purée (gf)
served medium rare only

Moroccan mussels £7.50

With focaccia bread (gf-a) (df-a)

Fabada £8.00

served with mixed bread (df)

Mains

Caponata £9.00

with quinoa (gf) (vn) (df)

Rump steak £14.50

Spicy chips, rocket salad & spicy cherry tomato
& red pepper salsa (gf) served medium rare only

**Change spicy chips for sweet potato chips
for an extra £1.00**

Norfolk lamb tagine £12.00

with cous cous (gf-a) (df)

Baked sardines £11.00

quinoa & pistachio relish (gf) (df) (n)

(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.

**A full list of ingredients & allergens is available
upon request for the whole menu, please let us
know if you have an intolerance or allergy.**

“delicious ciabattas” you say? Then turn to the back page...

Ciabattas

All served hot & crispy with dressed mixed leaves

Steak, red chilli, red onion &
Worcestershire sauce £7.00 (df-a)

Zataar chicken with lemon & sumac
cream cheese £6.50 (df-a)

Sumac pesto with currants & roast
vegetables £6.50 (vn) (df-a) (n)

Smoked mackerel paste & gherkins
£6.50 (df-a)

Spicy courgette & smoked goats cheese
£6.50 (v)

Specials

Check the boards for today's specials

Cakes

Go and have a look at the bar or ask a member of staff what tasty treats we have to offer today, there should be delicious gluten free and vegan options too.

Ice Cream

Delicious ice cream made at a country 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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