

Breakfast Club

Morning Gloriousness served 10.00am - 12.00pm

Locally Made Pastries (v) :

Croissant with home made jam - £1.90

Almond croissant - £2.30

Pain au chocolat - £2.30

On Toast..

Two eggs cooked how you like
on granary or white sourdough - £4.00 (v)

- with slow roast tomatoes £4.75 (v)

- slow roast toms & free range bacon £5.95

Toasted free range bacon sandwich £5.00

- with fried egg £5.50

Extra toast & butter - £1.00

Toast & butter with... - £1.50

Choose from home made jam / marmalade /
marmite / nutella / fluff! (v)

All meals available with Gluten free toast instead
of bread or as an extra side for £1.50

Brunch

Served 10.00am - 3.00pm

Grilled chorizo sausage, fried eggs,
toasted ciabatta & spinach - £6.95

Shakshuka

Tunisian baked eggs in bell pepper, tomato
& saffron stew with feta cheese (v) (gf) - £5.95

Narborough Lakes smoked trout fillet
with scrambled eggs & watercress - £5.95

Smoky maple beans on toast - £4.50

- with poached egg for £5.00

Our lunch & evening menu is overleaf...

Served 12pm - 3pm then 6pm - 10pm Tues - Fri
and 12pm - 10pm on Saturday

Nibbles

(these nibbles are available all day)

Spiced mixed nuts - £3.00 (vn) (gf)

Mixed olives with lemon & garlic - £3.00 (vn) (gf)

Kalamata olives - £3.00 (vn) (gf)

Pomodoretello sun-dried tomatoes - £3.00 (vn) (gf)

Guindillas - hot pickled chillies - £3.00 (vn) (gf)

Boquerones - fresh marinated anchovies - £3.00 (gf)

Fresh mixed breads & dukkah spice dip - £3.00 (vn)

Mixed flavoured breads, olive oil / butter - £3.00 (vn)

Hummus & baked ciabatta croutes - £3.75 (vn)

Platters

For sharing, starters, or as a tasty main course

Frank's Bar platter - £4.00 for 1 person

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

add £1.50 for each extra person.

Sabzi Khordan - £5.50

Marinated feta, radishes, soft herbs,
walnuts & mixed breads

Grand Aioli - £6.95

Thick garlic mayonnaise with ham hock,
new potatoes & baby vegetables

Local cheeses - £7.50

Suffolk Gold, Binham Blue, Wisington & smoked Dapple,
fennel & raisin toast, chilli jam & cornichons (v-a)

Moroccan platter- £7.50

Sautéed chickpeas, courgette & cumin,
spicy carrot salad, hummus & zaarlouk (aubergine
& tomato dip) (gf) (vn)

Spanish tapas - £8.95

Sautéed chorizo, paprika chips, boquerones, olives
& manchego cheese (gf)

Charcuterie – £9.95

Lomo embuchado, cecina, Serrano ham, fennel seed
salami, Suffolk salami, pickled chillies & mustard fruits (gf)

Add freshly baked mixed breads for £2.50

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

Grazers

Starters, light meals or a snack to share

Roast new potatoes,
with virgin mary sauce
£3.95 (vn) (gf)

Spiced labneh
with crispy flatbreads & zaa'tar
£4.50 (v) (gf-a)

Grilled asparagus & spring onions on toast
with smoky romesco sauce
£5.50 (vn)

Cromer crab cocktail
With sweet & sour cucumber & seedy bread
£6.95 (gf-a)

Pigeon, chorizo & broad bean
bruschetta with watercress
£7.95 (gf-a)

Mains

Fattoush salad
Tomato, broad beans, radish & peas
with crispy pittas & lemon dressing
£7.50 (vn) (gf-a)

Crispy chickpea socca
With fried sardine fillets, tomato salsa, olives & paprika
£7.50 (gf)

Turlu Turlu
Spiced vegetable stew with yoghurt
& Israeli couscous
£8.95 (vn-a)

Spring Lamb, artichoke & olive stew
Served with crusty bread
£9.95 (gf-a)

Crispy pork belly
With slow cooked beans & pickled cucumber salad
£9.95 (gf)

Pan fried seabream
Sautéed chard, chickpeas, tahini sauce, chilli oil
£10.95 (gf)

Ciabattas

All served hot & crispy with a side salad

Peppered pastrami & swiss cheese,
dill pickles & mustard mayo

£5.95

Parma ham, roasted pepper
& feta cheese

£5.95

Marinated artichoke & romesco sauce

£5.50 (vn)

Mackerel melt

Smoked mackerel paté, jalapenos & cheese

£5.95

Smoked goats cheese,
chilli jam & rocket leaves

£5.50 (v)

Specials

Check the boards for today's specials

Cakes

Go and have a looksie at the bar or ask a member of staff what tasty treats we have to offer today, there should be some delicious gluten free options too. All of our cakes are hand made here by the lovely Marie & Ben.

Ice Cream

Delicious ice cream traditionally made by the lovely Clarke Family at their Dairy in Wymondham with help from their handsome and happy cows.

Check the board for flavours or ask one of those smiley staff types.

(v) = vegetarian (vn) = vegan

(gf) = gluten free

(v-a), (vn-a), (gf-a) = 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.