

Nibbles

(these nibbles are available all day)

Mixed bread & oil £1.75

Spiced mixed nuts (vegan) £2.00

Lemon & garlic marinated olives (vegan) £2.50

Sweet kalamata olives (vegan) £2.50

Boquerones (sweet marinated anchovies) £2.00

Sun-blushed tomatoes (vegan) £2.00

Guindillas (pickled green chilli peppers)
(vegan) (gf) £2.00

Hummus (vegan) £1.50

Frank's Bar Platter £3.50 (v)

Mixed breads, marinated olives, oils & hummus
(add £1.50 per extra person)

***Charcuterie £6.95 (gf)**

Lomo embuchado (delicately flavoured pork loin),
cecina (rich air dried beef), serrano ham,
Italian fennel salami & suffolk salami with pickled chillies

***Local cheese plate £6.50 (gf)**

Suffolk Gold (v), Binham Blue (v), Wissington (v),
Smoked Dapple served with plumbrillo & pickles.

Grazers

Potato & globe artichoke tortilla (Spanish style)
with dressed Rocket leaves
(v) (gf) £4.95

Ground Lamb flatbread with zogghiu pesto
£4.95

Grilled sardines, toasted sour dough, tomato
salsa & chilli oil £5.25

Salad of serrano ham, peaches, rocket, shaved
manchego & sherry vinegar dressing (gf) £5.75

Baked smoky aubergine, lime yoghurt, cracked
wheat & pomegranate dressing (v) £6.50

Barley, feta & lemon salad. (v) (wff) £5.52

Squid, fennel, endive, lime & chilli salad (gf)
£6.75

*Parrillada Mixta; chicken, steak, chorizo, roast
pepper, fried potatoes & chimmichuri sauce
£10.95

Whole grilled mackerel, dukkah & herb pilaf
with a cucumber and smashed garlic relish (gf)
£10.95

* = nibbles for two or as a main for one

“ciabattas” you say? well then turn the page...

Ciabattas

Served with dressed leaves

all available for £5.50

Crayfish tails, lemon mayonnaise & rocket

Suffolk salami, olive, tomato and marinated courgette

Poached chicken, aioli & gem lettuce

Artichoke pesto, raddichio, toasted
pinenuts & Wisington (v)

Suffolk gold, curried peach chutney & salad leaves (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 gluten free options available.

Ice Cream

Delicious ice cream made by lovely folks who live just down the road with some cows. Check the board for flavour details or ask one of those smiley staff types.

(gf) = gluten free (v) = vegetarian

(wf) = wheat free