

# **Sunday Breakfast**

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Breakfast loveliness served 10.30am - 6.00pm

## **Frank's Bar Sunday Menu**

**Served every Sunday 10.30am-6.00pm**

### **Frank's Bar Full English**

Sausage, bacon and black pudding (all free range), roasted tomato and mushroom stack, potato hash, herby baked beans, egg and toast  
£7.50

### **Vegetarian Full English**

Roasted tomato & mushroom stack with halloumi cheese, veggie black pudding, potato hash, herby baked beans, egg & toast (v) £5.95

### **Shakshuka**

Baked eggs with onion, saffron peppers & tomato (v) (gf) £5.25

### **Bacon and Egg Muffin**

Crispy bacon and egg in a toasted English muffin £4.95

### **Pancakes:**

Plain with crispy bacon and maple syrup £5.50

or

Blueberries & maple syrup with Greek yoghurt & cinnamon sugar (v) £5.50

Fresh avocado and tomato on toast sprinkled with our super seed mix (vegan) £4.00

Granola with local berries & soya milk (v) (vegan) £3.95

Summer fruit compote with Greek yogurt & caramelised pecans (v) £4.50

Smoothie of local berries, apples, yoghurt & honey (v) (gf) £2.95

Toast with home made jam / marmalade / Marmite / Nutella £1.50

or our herby baked beans (v) £2.50

**Locally Made Pastries (v):**

Croissant with home made jam £1.60

Almond croissant £1.65

Pain au chocolat £1.70

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We buy our meat from a free-range farm just down the road in Attleborough, our eggs are also free-range and our milk and cream comes from a local dairy. Lovely job.

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## **Specials**

Check the boards for today's specials

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## **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.

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## **Ice Cream**

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

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(GF) = gluten free (v) = vegetarian