

frank's bar

lovely job

franksbar.co.uk   @franksbar **wifi:** lovelyjob

Breakfast Club

Served 9am - 4pm

American-style pancakes £7.50

With either:

- Free-range smoked Norfolk bacon and maple syrup
- Berry compote with Greek yoghurt & maple syrup (v)

Two eggs cooked how you like £5

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

Toasted free-range bacon sandwich £6.50

- Add a fried egg for £1 extra (df-a)

Toast & butter with... £2.50

- Jam, marmalade, marmite or nutella (n)

Breakfast extras:

- Roasted tomatoes (gf) (vn) £1
- Free-range smoked Norfolk bacon (df) £2.50
- Black pudding (df) £3
- Avocado (vn) £2.50
- Extra toast & butter (df-a) £1
- Extra egg £1

Swap bread for gluten free toast for an extra 50p

Kale & sweet potato hash with a fried egg £7.50

(gf) (v-a)

Smoked mackerel p \hat{a} te on sourdough with pickled beetroot dill & cr \acute{e} me fra \hat{i} che £7.50

(gf-a)

Spicy avocado on sourdough with a poached egg £7.50

We buy our meat from a free-range farm called D J Barnard's in Attleborough, our eggs are also local and free-range

(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, please let us know if you have an intolerance or allergy.

Light Meals & Mains

Lamb shawarma £8

Pitta bread & hummus (df) (gf-a) (contains pine nuts)

Homemade chips £4.50

With sriracha mayonnaise, vegan mayonnaise or chimichurri (gf)

Norfolk flat iron steak £15

With chimichurri, chips & rocket (df) (gf)

Served medium-rare

Moroccan Chickpea Salad (gf) (vn) £8

Ciabattas

Served 12pm - 2.30pm (3pm on Friday & Saturday)

All served hot & crispy with dressed mixed leaves

Norfolk bacon, brie & cranberry sauce £6.50

North Atlantic prawns with a spicy Marie Rose sauce & avocado £6.50

(gf-a)

Mackerel Melt with cheese (gf-a) £7

Falafel with home-pickled sweet & sour cucumber and a vegan mayo £7

(v) (vn) (gf-a)

Platters

For sharing, starters, or as a tasty main course served 12 - 2.30pm & 6pm - 9.30pm

Frank's bar platter (for one) £5

Add £2 for each extra person

Mixed breads, olives, hummus, oil & balsamic (vn) (contains sesame seeds)

Mezze platter £13.50

bulgar wheat salad, falafel, hummus, olives, pitta bread, muhammara (ingredients subject to availability)

(v) (vn) (gf-a)

Tapas platter £15

Spanish Omelette, Parma Ham, Sliced Chorizo, Patas Bravas, Anchovies, mixed leaf salad (gf-a)

Nibbles

Smoked almonds (gf) (vn) £3.50

Mixed olives, lemon & garlic (gf) (vn) £3.60

Mixed flavoured breads with olive oil/butter & balsamic vinegar (v/vn) £3.50

Guindillas (Pickled chillis) (gf) £3.50