



Food service times Mon-Sat 12-2.30pm and 6-8pm Sunday 12-6pm

Starters

GAMBAS PIL-PIL	£12
king prawns cooked in chilli flakes, garlic, olive oil and paprika lemon wedge speciality breads gfa, dfa, nf	
PORK BELLY BITES	£9
sticky sweet chilli stir-fried vegetables sesame seeds crispy onions nf, gfa	
SUFFOLK SMOKIE	£10
locally smoked haddock smoked cheddar cheese, leek and spinach sauce crusty bread nf, gfa	
LOCAL SMOKED SALMON	£10
whipped goats cheese olive oil warm breads pea shoots lemon nf, gfa	
SPICY ONION BHAJIS	£9
split red lentil dahl coriander and mango drizzle gf, nf, df, vg	

From the Grill

CHARGRILLED 6oz IRISH DEXTER BEEF BURGER	£16
brioche bun applewood cheddar dry cured streaky bacon baby gem tomato red onion dill pickles chipotle mayonnaise homemade fennel slaw skinny fries nf	
CHARGRILLED 8oz DRY AGED SIRLOIN STEAK	£28
watercress garlic buttered mushrooms tomato compote crispy onions tenderstem broccoli chunky chips nf, gfa	
MOVING MOUNTAINS PLANT BASED BURGER	£15
toasted vegan bun vegan smoked applewood cheddar vegan chipotle mayonnaise baby gem tomato red onion dill pickles homemade fennel slaw skinny fries nf, vg, df	

Mains

PAN FRIED CHICKEN BREAST	£18
smoked bacon and mushroom sauce white truffle potato gratin heritage carrots tenderstem broccoli gf, nf	
PAN FRIED PORK MEDALLIONS	£18
honey and wholegrain mustard sauce spring onion mashed potato heritage carrots tenderstem broccoli nf, gf	
BAKED SALMON FILLET	£18
garlic, chive and lemon butter sauce crispy potatoes buttered greens crisp salmon skin nf, gf	
SPICED BUTTERNUT SQUASH, CHICKPEA AND SPINACH PIE	£15
chive mashed potato sautéed seasonal vegetables curry sauce nf, v, vga	
PAN ROASTED DUCK BREAST	£22
stir-fried vegetable noodles sweet teriyaki glaze sesame seeds shredded spring onions nf, df	
FRESH BATTERED FISH OF THE DAY	£16
chunky chips minted mushy peas lemon pea shoots df, gfa, nf	
THAI YELLOW CURRY	
coconut and lime rice coriander, mango and courgette salad vegetable curry gf, nf, df, vg	£14
add tiger prawns OR chicken gf, nf, df	£17

Flatbreads *only available at lunch times, from 12-2.30pm*

all flatbreads are served with skinny fries.

CHICKEN TENDERS CRISPY BACON CAESAR DRESSING SALAD nf	£13
CRAYFISH AND ATLANTIC PRAWNS LEMON AND DILL MAYONNAISE SALAD nf, gfa	£14
TUNA AND CHIVE MAYONNAISE SALAD nf, gfa	£12
PLANT BASED MEATBALLS RICH TOMATO SAUCE VEGAN SMOKED CHEESE nf, vg, df	£10
CRUMBLLED FETA MINT, RED ONION AND POMMEGRANATE SALSA ROCKET nf, v	£10

Sides

SKINNY FRIES gf, nf, df, vg	£4	HOUSE SALAD gf, nf, df, v	£5
NEW POTATOES gf, nf, v, vga, dfa	£5	SPECIALITY BREADS nf, v	£4
CHUNKY CHIPS nf, df, vg	£4	VEGETABLE BOWL gf, nf, dfa, v, vga	£4

Desserts

LOCAL CHEESE BOARD	£14
binham blue norfolk dapple baron bigod mixed crackers celery chutneys candied nuts grapes fresh figs butter gfa, va, nfa	
SWEET PLUM, APRICOT, HONEY AND GINGER CRUMBLE TART	£9
vanilla crème anglaise nf, v	
STICKY TOFFEE PUDDING	£9
butterscotch sauce vanilla pod oat milk anglaise vg, df	
CHOCOLATE ORANGE MARQUISE POT	£9
popping candy shortbread rounds candied orange chocolate pencil nf, v	
PARRAVANI'S ICE-CREAMS	£7
a choice of three scoops - strawberry double chocolate chip vanilla mint chocolate chip gf, nf, v	
PARRAVANI'S SORBETS	£7
a choice of three scoops - raspberry lemon orange nf, df, gf, vg	
DESSERT WINE: PEDREGOSA LATE HARVEST, TABALI 75ml	£4
rich, juicy and uplifting dessert wine; the perfect partner to our puds!	

Please see our drinks menu for our selection of hot drinks

Allergens

v - vegetarian | va - vegetarian alternative available | vg - vegan | vga - vegan alternative available

nf - nut free | nfa - nut free alternative available

gf - gluten free | gfa - gluten free alternative available | df - dairy free | dfa - dairy free alternative available

All our food is freshly prepared in a kitchen where nuts and other allergens are used.

A list of all major allergens for each of our dishes is available on request.

Please state any dietary requirements upon ordering.