



SPRING MENU 2025

FOOD SERVICE TIMES

Monday-Sunday 12PM - 2:30PM / 6PM-8PM

STARTERS

- PORK BELLY BITES** £11
smoked sticky bbq sauce | stir-fried vegetables | sesame seeds | spring onions | | fresh chilli & garlic | crackling | crispy onions | nf, gfa, df
- GAMBAS PIL PIL** £14
king prawns cooked in chilli, garlic, white wine, butter, parsley, olive oil & paprika | speciality bread selection | gfa, nf, dfa
- BRIE, BACON & CRANBERRY TART** £10
crispy onion | caperberry | pickled red onion & blushed tomato salad | balsamic glaze | nf
- LEMON, DILL, PRAWN & CRAYFISH COCKTAIL** £12
iceberg lettuce | cucumber ribbons | cherry tomatoes | granary bread & butter | lemon wedge | pea shoots | gfa, dfa, nf
- SPICED SWEETCORN FRITTERS** £10
mango & bell pepper salsa | julienne courgette & coriander salad | gf, nf, df, vg
- SOUP OF THE DAY** £7
see specials board for today's soup & allergens

FLATBREAD/ SANDWICHES

Served from 12 -2:30pm only

Flatbread / Sandwich

- FRIED HALLOUMI**
sweet chilli jam | crispy onions | gfa, nf, vga, dfa £13 £11
- PRAWN & CRAYFISH**
lemon & dill mayo | gfa, df, nf £14 £12
- TUNA & CHIVE MAYO** | gfa, nf, df £12 £10
- BBQ PULLED PORK**
crispy onions | gfa, nf, df £13 £11
- BUFFALO CHICKEN**
ranch dressing | crispy onions | nf £13 £11
- BLT**
mayonnaise | nf, gfa, df £13 £11

All served with crisps & salad garnish

Substitute crisps for skinny fries £2

For Sandwiches Choose From Granary or White Bread

MAINS

- FISH OF THE DAY** £20
battered or grilled fish of the day | chunky chips | minted mushy peas | lemon wedge | pea shoots | gfa, nf, df
- GRILLED FILLET OF SEABREAM** £21
garden pea, baby spinach & samphire risotto | chive oil | parmesan crisp | local pea tendrils | gf, nf, dfa
- CHARGRILLED 8OZ DRY AGED SIRLOIN STEAK** £32
beef fat chunky chips | balsamic cherry vine tomatoes | flat mushroom | battered onion rings | nf, dfa
- PEPPERCORN SAUCE** | nf, gf £4
- PORK MEDALLIONS** £21
stilton, apple, walnut & raisin salad | chimichurri | skinny fries | gf, nfa
- HOT HONEY BREADED CHICKEN FILLET** £19
sauteed greens | smoked garlic smashed new potatoes | hot honey drizzle | nf, dfa
- 6OZ SEPPINGS DEXTER BURGER** £19
brioche bun | gem lettuce | tomato | pickles | crispy onions | chipotle mayo | applewood smoked cheddar | smoked streaky bacon | skinny fries | nf
- CRISPY CHICKEN BURGER** £17
brioche bun | gem lettuce | tomato | pickles | crispy onions | bbq sauce | applewood smoked cheddar | smoked streaky bacon | skinny fries | nf
- MOVING MOUNTAINS PLANT BASED BURGER** £17
brioche bun | baby gem | tomato | dill pickles | smoked cheddar | crispy onions | chipotle mayo | skinny fries | nf, vga, dfa
- SOY, CHILLI & GINGER BEEF STIRFRY** £19
beansprouts | sauteed mixed vegetables | egg noodles | sesame seeds | spring onions & coriander | nf, df
- KATSU AUBERGINE & CHICKPEA CURRY** £17
Basmati wild rice | flatbread | coriander | fresh chillies | spring onions | crispy onions | nf, vg
- Or BREADED KATSU CHICKEN** £19
- CHICKEN & BACON CAESAR SALAD** £18
chargrilled chicken & streaky bacon | baby gem lettuce | torn crouton | parmesan | boiled egg & caesar dressing | , nf

SIDES

NEW POTATOES gf, nf, v, vga, dfa	£4
SKINNY FRIES gfa, nf, df, vg	£4
CHUNKY CHIPS nf, gfa, df, vg	£4
HOUSE SALAD gfa, nf, df, v	£5
CHEESY CHIPS nf, gfa, v	£6
CHEESY SKINNY'S nf, gfa, v	£6
PEPPERCORN SAUCE nf, gf	£4
CHICKPEA CURRY SAUCE v, vg, gf, df	£4
ONION RINGS nf, df, v	£5
VEGETABLE BOWL gf, nf, dfa, vga, v	£5



DESSERTS

CHOCOLATE SPONGE CAKE	£11
layered with chocolate mousse apricot gel chocolate tuille vanilla cream candied hazelnut crumb nfa, v	
LEMON TART	£11
raspberry sorbet lemon & lime tuille lemon gel vg, gf, v, df	
TIRAMISU	£10
layers of coffee soaked sponge fingers mascarpone cream chocolate shavings v, nf	
LOCAL CHEESE BOARD	£14
Binham Blue Norfolk Dapple Baron Bigod mixed crackers celery chutney candied nuts grapes figs butter gfa, va, nfa	
PARRAVANI'S ICE-CREAMS	£2.50 per scoop
a choice of one, two or three scoops - strawberry double chocolate chip vanilla mint chocolate chip gf, nf, v	
PARRAVANI'S SORBETS	£2.50 per scoop
a choice of one, two or three scoops - raspberry lemon orange nf, df, gf, vg	
DESSERT WINE: Palazzina Moscato d'Asti Vendemmia Tardiva 75ml	£4
A nose of intense lemon curd, marmalade, & citrus peel with lightly floral notes	
TAYLOR'S VINTAGE PORT 50ml	£4.40
Heady complex nose of fine fruit with a graphite mineral edge & berry fruit finish	

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.*