

## **NIBBLES**

Served all day

Mixed olives (gf) (vn) £3.50

Bread, oil & balsamic vinegar (vn) £3.50

White bean & za'atar dip\*  
with homemade tortilla chips  
£4.50 (vn) (gf-a)\*contains sesame seeds

Sundried tomatoes £3 (vn) (gf)

Guindillas - pickled chillies £2 (vn) (gf)

## **LIGHT MEALS & STARTERS**

Soup special (see the specials board)  
£5.50 (gf-a) (vn-a)

Dijon dressed new potato, red onion  
& bacon salad £5.50 (gf)

Chips served with harissa mayonnaise  
(v) (gf) or tomato salsa (vn) (gf) £4

Spicy whitebait with lemon mayonnaise  
with toasted focaccia £6 (gf-a)

Beetroot, feta & green lentil salad with  
spicy roasted butternut squash £7.50 (v)

Warm steak salad with fried mushrooms  
& onions, cherry tomatoes & a hard  
boiled egg £8 (gf)(df)

## MAINS & PLATTERS

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Autumn spiced poached pear  
& goat's cheese salad with toasted  
pecan nuts £8 (v) (gf)

Pan fried sea bass in a creamy lemon  
sauce served with a sautéed new potato,  
curly kale & cherry tomato hash £12.50  
(gf)

Norfolk flat iron steak with  
hand-cut chips, fried mushrooms  
& salad £14.50  
(served medium rare) (gf) (df)

Slow cooked belly pork with mashed  
potato, rainbow carrots & cider gravy  
£13 (gf)

Crispy polenta with wild mushroom,  
arrabiata sauce & spinach £11 (vn) (gf)

Platter of proscuitto, chorizo,  
manchego, guindillas, homemade  
smoked tomato chutney  
& toasted focaccia £9.50 (gf-a)  
- add extra £2.50 for each extra person

Vegetable platter: carrot falafels, green  
lentil salad, sun dried tomatoes,  
gherkins, white bean & za'atar dip\*,  
tortilla chips & toasted focaccia £9.50 (vn)  
- add extra £2.50 for each extra person  
\*contains sesame seeds

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(v) = vegetarian (vn) = vegan

(gf) = gluten free (gf-a) = gluten free adaptable  
(v-a), (vn-a), = vegetarian/vegan 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.

## **SPECIALS**

Check the board for today's tasty specials

## **CAKES**

Have a look at what's on the bar or ask a member of staff what cakey treats we have to offer today, there should be some delicious gluten free options too.

## **ICE CREAM**

Delicious ice cream made at a country creamery in the heart of Suffolk near the lovely old market town of Bury St Edmunds - The Manor Farm Creamery at Thurston. Check the board for flavours or ask one of those smiley staff types.

## **DESSERT SPECIALS**

If cake or ice cream don't float your dessert-boat then it might be worth having a look to see what dessert specials are available today

## **LOCAL PRODUCE**

We buy our meat from a free-range farm called D J Barnard's just down the road in Attleborough.

Our free-range eggs and milk is from Cundy's Dairy, a local & traditional family owned Dairy based in Bungay

# NORTH<sup>^</sup> BY NIGHT

7-9 FYE BRIDGE STREET, NORWICH, NR3 1LJ

TUESDAY - THURSDAY: 6.00pm - 9.00pm

FRIDAY & SATURDAY: 6.00pm - 9.30pm

To make a booking

please call **01603 620805**

or email **[tellus@norwichnorth.co.uk](mailto:tellus@norwichnorth.co.uk)**