

# **BREAKFAST**

Served 9.30am - 12.00pm

A round of toasted sourdough, granary, gluten free bread or an English muffin toasted & served with butter or dairy free spread

£1.50 (v) / (vn)

## **Add any of the following: (all add-ons gf)**

- Marmite (vn) /jam (vn) / Nutella (v) / peanut butter (vn) 50p
- Two eggs poached/scrambled/fried £1.50 (v)
- Two slices of free-range bacon £1.50
- Sautéed spinach £1.50 (vn)
- Smoked salmon £3
- Sautéed mushrooms £2.50 (vn)
- Spicy scrambled Tofurei Norfolk tofu £3.50 (vn)
- Baked beans £1.50 (vn)
- Slow roast garlic & rosemary tomatoes £1.50 (vn)
- An extra slice of toast 50p

# **BRUNCH**

Served from 9.30am

## **Aubergine shakshuka**

A Middle Eastern style sauce of spiced tomato & aubergine with baked eggs or spiced tofu served with pitta bread

£7.50 (gf-a) (v/vn)

Curried pearl barley with peas, smoked mackerel & a boiled egg £7.50 (gf) (df)

New potato & chorizo hash with mixed peppers, onion & fried eggs £7.50 (gf)  
add toasted sourdough for £1

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(v) = vegetarian (vn) = vegan (df)=dairy free  
(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.

## **LUNCH**

Served from 12.00pm

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

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

Potted smoked mackerel  
with toasted sourdough £6 (gf-a)

Beetroot, crumbled goat's cheese  
& green lentil salad with spicy butternut squash  
£7.50 (v)

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

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

Vegetable platter: carrot falafels, green lentil  
salad, sundried tomatoes, gherkins,  
white bean, parsley & garlic oil dip, tortilla  
chips & toasted foccacia £9.50 (vn)  
- add extra £2.50 for each extra person

## **CIABATTAS** all £6.50 (gf-a)

Norfolk bacon, crisp lettuce & tomato with  
dijon mayonnaise- add a fried egg for £1

Sautéed mushrooms & cheddar  
with arrabiata sauce (v)

Smoked salmon, cream cheese  
& gherkins

Chilli, coriander & garlic butternut squash with  
beetroot & creamy butterbean (vn)

## **NIBBLES**

Mixed olives £3.50 (gf) (vn)

Bread with oil & balsamic vinegar £3.50 (vn) (gf-a)

White bean, parsley & garlic oil dip  
with homemade tortilla chips

£4.50 (vn) (gf-a)

Sundried tomatoes £3 (vn) (gf)

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

## **SPECIALS**

Check the board for today's tasty specials.

## **CAKES**

Have a look 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 Foulger's Dairy, a local & traditional family owned dairy based in Bungay.

# NORTH<sup>®</sup> BY DAY

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

**BREAKFAST:** 9.30am - 12.00pm

**BRUNCH:** 9.30am - 2.30pm  
(3pm on Saturdays)

**LUNCH:** 12.00pm - 2.30pm  
(3pm on Saturdays)

To make a booking

please call **01603 620805**

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