

NIBBLES

Served all day

Mixed olives (gf) (vn) £3.50

Bread, oil & balsamic vinegar (vn) £3.50

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)

LIGHT MEALS & STARTERS

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

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

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

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

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

MAINS & PLATTERS

Broccoli, feta & butternut squash salad with red onions, mixed seeds & a chilli & lime dressing £8 (v) (gf)

Pan fried sea bass in a creamy lemon sauce served with a herby sautéed new potato, curly kale & cherry tomato hash £13 (gf)

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

Marinated smoked paprika & garlic chicken leg with Lyonnaise potatoes & salad £13 (gf)

Wild mushroom, spinach & penne in a creamy cashew sauce with toasted pine nuts £11 (vn) (gf)

Platter of proscuitto, 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

(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[^] 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**