

NIBBLES

Served all day

Mixed olives (gf) (vn) £3.50

Bread, oil & balsamic vinegar (vn) £3.50

White bean dip* with parsley & garlic oil
& homemade tortilla chips
£4.50 (vn) (gf-a)

* contains sesame

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)

Smoked mackerel paté
with toasted sourdough £6 (gf-a)

Broccoli, feta, spicy butternut squash
& red onion salad sprinkled with seeds
& a chilli-lime dressing £7.50 (gf) (v)

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

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

White bean dip with za'atar,
muhammara; a red pepper & chilli dip
served with bread & crudités £6
(contains sesame and walnuts) (vn)

MAINS & PLATTERS

Baked salmon, lemon couscous, spicy pineapple salsa & courgette ribbons
£13 (df)

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

Merguez sausages & vegetable stew served with toasted bread £12.50

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

Platter of prosciutto, chorizo, membrillo, manchego cheese, homemade smoked tomato chutney & toasted focaccia £9.50 (gf-a)
- add £2.50 for each extra person up to a maximum of 3 people

Vegetable platter: green falafels, white bean dip with parsley & garlic, tortilla chips, tabouleh, guindillas, toasted focaccia & sundried tomatoes
£9.50 (vn)
- add £2.50 for each extra person up to a maximum of 3 people

(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: 6.00pm - 9.30pm

SATURDAY: 3.30pm - 9.30pm

To make a booking

please call **01603 620805**

or email **tellus@norwichnorth.co.uk**