

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 £3.00
- 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)
- Cheddar or cream cheese £1.00
- An extra slice of toast 50p

BRUNCH

Served 9.30am - 2.30pm

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)

Smoked mackerel paté with toasted sourdough
£6.00 (gf-a)

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

NIBBLES

Mixed olives £3.50 (gf) (vn)

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

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)

LUNCH

Served from 12.00pm

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

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

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

Broccoli, feta, butternut squash & red onion
salad sprinkled with seeds & a
chilli-lime dressing £7.00 (v) (gf)

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

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

CIABATTAS all £6.50 (gf-a)

Norfolk crispy bacon, tomato & Somerset brie

Sautéed mushrooms, spinach & cheddar
with arrabiata sauce (v)

Smoked mackerel, cream cheese,
horseradish & gherkins

Muhammara; a blend of red pepper & chilli,
spicy butternut squash & spinach (contains oats
& walnuts) (vn)

(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.

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[®] 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**