

NIBBLES

served all day

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)

BREAKFAST

Served 9.30am - 12.00pm

A round of sourdough, granary,
gluten-free toast or an English muffin 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-roasted garlic & rosemary
tomatoes £1.50 (vn)
- Cheddar or cream cheese £1.00
- An extra slice of toast 50p

BRUNCH

Served 9.30am -2.30pm (3pm on Saturdays)

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 salmon salad topped with
boiled eggs £7

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

(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.

CIABATTAS £6.50 (all gf-a)

Norfolk crispy bacon, lettuce & tomato with
Dijon mayonnaise

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

Smoked salmon, cream cheese & gherkins

Sicilian-style roasted vegetables in a balsamic
vinaigrette with spinach & mixed seeds (vn)

Goat's cheese, roasted red pepper
& courgettes with honey & toasted pine nuts (v)

Steak, onion & mushroom with
Binham blue cheese £8.50

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

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

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

Fattoush: Lebanese chopped salad with herbs,
sumac & toasted pitta bread £7.50 (vn) (gf-a)

Platter of prosciutto, chorizo, membrillo, man-
chego 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: Slow-roasted mediterranean
vegetables, deep fried aubergine, white bean
dip with parsley & garlic, tortilla chips, olives,
sundried tomatoes & toasted focaccia
£9.50 (vn)
- add £2.50 for each extra person
up to a maximum of 3 people

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**