

# Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brunch 9am-12pm	Crushed avocado, two poached free range eggs, rye bread toast <b>£8</b>						
	Poached free range eggs, smoked ham, hollandaise, seeds, English muffin <b>£7½</b>						
	Sourdough toast, organic peanut butter, Tiptree raspberry jam <b>£4½</b>						
	Smoked salmon, scrambled egg, sourdough toast <b>£9</b>						
	Poached free range eggs, baby spinach, hollandaise, English muffin <b>£7½</b>						
	Buttermilk pancakes, bananas, blueberries, maple syrup <b>£5½</b>						
Roast plum & blueberry porridge, toasted seeds, caramelised demerara <b>£4½</b>							
Main	Dingley Dale slow belly of pork, gratin potato, braised savoy cabbage, thyme & red wine jus <b>£10</b>	Gnocchi bolognese, basil pesto, parmesan <b>£8</b>	Slow cooked Gressingham duck leg, hoisin sauce, Asian stir fry greens <b>£10</b>	Buttermilk fried chicken burger, apple slaw, sweet potato fries <b>£9½</b>	Dingley Dale sausages, whole grain mustard mashed potato, chantenay carrots <b>£8</b>	Lamb tikka masala, basmati rice, garlic naan <b>£9</b>	Norfolk roast beef, Yorkshire pudding, seasonal vegetables, crisp roast potatoes <b>£10</b>
	Grilled fillet of bass, petit pois mashed potato, sautéed spinach, butter cream sauce <b>£10</b>	Fish Pie - cod, salmon, smoked haddock, spring onions, Colman's mustard cheddar mashed potato, fine beans <b>£10</b>	Pesto crusted coley, sautéed potatoes, lemon & caper butter, steamed greens <b>£10</b>	Oven baked salmon, crushed potatoes, sautéed leeks, lemon & dill sauce <b>£10</b>	Adnam's ale battered cod fillet, chunky chips, pea puree, fresh lemon, tartare sauce <b>£9</b>	Thai fishcake, sweet & sour tomato chutney, chips, salad <b>£9</b>	Norfolk roast loin pork, Yorkshire pudding, seasonal vegetables, crisp roast potatoes <b>£10</b>
	Satay organic tofu, sweet potato, beansprouts, coconut & peanut sauce, jasmine rice <b>£8½</b>	Sweet potato, pepper, squash tagine, couscous, coriander flatbread <b>£8</b>	Roasted aubergine, basil & cannellini bean stew, garlic sourdough <b>£8</b>	Broccoli & Norfolk binham blue tartlet, baby leaf <b>£9</b>	Chana masala chickpea curry, pilau rice, garlic naan <b>£8½</b>	Root vegetable & Quorn caserole, chive mash, crusty ciabatta <b>£8</b>	Nut roast, spinach, cranberry, Yorkshire pudding, seasonal vegetables, crisp roast potatoes <b>£9</b>
Soup & Artisan Roll <b>£5</b>	Roasted vegetable soup <b>£5</b>	Spiced carrot & lentil <b>£5</b>	Watercress, spinach & potato soup <b>£5</b>	Roast pepper & chickpea <b>£5</b>	Broccoli & binham blue <b>£5</b>	Tomato & basil <b>£5</b>	Leek & potato <b>£5</b>
Sandwich	Daily changing bloomer sandwiches & wraps <b>£3¾</b>						
	Prawn, avocado, Marie Rose, baby gem, ciabatta <b>£6</b>						
	Brie, cranberry jam, chard, granary baguette <b>£5</b>						
	Pastrami, mustard mayo, pickled gherkin, beef tomato, sourdough <b>£6</b>						
Salad	Fennel, grape, celery, apple, walnut mayonnaise <b>£6</b>						
	Heirloom tomato salad ( basil, onion, cos, basil oil) <b>£6</b>						
	Thai egg noodle, toasted sesame, sweet chilli, peanuts, sliced pepper <b>£6</b>						
Protein	Caeser salad ( w/ anchovies) <b>£6</b>						
	Grilled goats cheese <b>£4</b>						
	Norfolk chicken breast <b>£5½</b>						
Oven baked salmon fillet <b>£5½</b>							