

HELENE'S BAR

Lunch | 12pm - 2pm

SMALL PLATES / STARTERS

Olives and feta cheese (m) 6.40

Bread board with salted butter, olive oil & balsamic vinegar GFO (g,e,m,tn,se,so,su) 6.00

Soup of the day with crusty bread and butter GFO (for allergens, please ask on the day) 8.00

Avocado bruschetta VE GFO (g,se,so,su) 7.50

Spiced whitebait with garlic aioli GFO (g,e,f) 7.85

Salt and pepper squid with lemon and sweet chilli dip (g,mo) 7.85

Smoked haddock rarebit, marinated tomatoes and parmesan cream (g,e,f,m,mu) 7.85

Moules marinière

Local mussels, white wine, garlic, parsley cream sauce, crusty baguette (c,g,f,m,mo,se,su) 10.00

SHARING

Fish platter - Smoked salmon, kipper pâté, smoked mackerel, smoked trout, sweet cured herring and prawns with lemon mayonnaise and crusty bread GFO (g,cr,e,f,su) 24.00

Antipasti platter - Feta cheese, manchego cheese, cured meats, mixed olives, roasted vegetables, sun-dried tomatoes, chilli jam and red pepper houmous with crusty bread GFO (g,m,se,so,su) 21.50

The platters are available for one on request

Baked camembert - with rosemary and garlic, served with chilli jam and crusty bread GFO (g,e,m,tn,se) 14.75

SIDE DISHES

Triple cooked chips 5.00

Chips 5.00

Sweet potato fries 5.00

Green salad 5.00

Seasonal green vegetables (m) 6.00

Onion rings (g) 5.00

BAGUETTE, WHITE OR MALTED BLOOMER

all contain gluten and soya/ gluten free bread is available on request

Local beef and horseradish (e,m,mu,su,) 8.50

Honey roasted Suffolk ham and piccalilli (mu,su) 8.50

Norfolk turkey and cranberry sauce (se,so) 8.50

Smoked salmon, cream cheese and chive (f,m) 12.50

Prawn & marie rose sauce (cr,e) 12.50

Roasted vegetable and red pepper houmous VE (se) 7.75

Cheddar cheese and onion chutney (m,su) 8.50

Chunky fish finger sandwich with tartare sauce, cos lettuce and cucumber (e,f,mu) 10.75

WRAPS

Chicken fajita wrap - Chargrilled chicken breast, roasted peppers, grated cheese, caramelised red onion and salsa (g,m,su) 9.50

Duck wrap - Shredded duck, spring onion, cucumber and hoisin sauce (g,se,so) 10.25

Falafel wrap - Falafel, cucumber, tomato, red onion, pickled red cabbage, vegan tzatziki and sweet chilli sauce VE (g,su) 9.50

CIABATTAS

Chicken, bacon, tomato, sweet chilli mayonnaise and rocket (g,e) 11.50

Roasted vegetables, mozzarella, basil and tomato chutney (g,m,su) 11.00

Steak, charred onions, rocket and wholegrain mustard dressing (g,mu,su) 16.50

MAINS

Fish and chips - Locally caught tempura battered fish of the day with minted mushy peas and chips
GF (f) 17.00

Pappardelle pasta with a wild mushroom, chive and cream sauce finished with herb oil
(c,g,e,m,mu,so,su) 18.50
Add chicken 6.50

Bang bang chicken on stir fried vegetables and noodles served with a sweet chilli dressing
(c,g,e,pe,se,so,su) 19.00

Caesar salad - cos lettuce, anchovies, crispy bacon, croutons and Caesar dressing topped with parmesan shavings (g,e,f) 14.50
Add chicken 6.50 Add poached egg (e) 2.00

Moules marinière
Local Mussels, White Wine, Garlic, Parsley Cream Sauce, Crusty Baguette (c,g,f,m,mo,se,su) 19.00

Old Spot sausages on olive mash with sticky onion sauce (c,g,su) 17.50

FROM THE GRILL

Aberdeen angus steak burger - with smoked cheese, plum tomato, cos lettuce and red onion. Served with chips and red cabbage slaw
(g,e,m,so) 18.00

8oz Ribeye steak - on chimichurri topped with slow roasted plum tomato and flat mushroom. Served with triple cooked chips GFO (g,su) 33.00

Plant based burger - in a brioche bun with vegan mayonnaise, plum tomato and red onion. Served with chips VE (g,tn,so) 16.50

*Add - Bacon, flat mushroom, guacamole, onion rings
2.50 each*

DESSERTS

Chocolate brownie finished with chocolate sauce and vanilla seed ice cream GFO (e,m,so) 8.50

Banana Sponge served with sticky toffee sauce (g,e,m) 8.50

Croissant bread and butter pudding with clotted cream (g,e,m) 8.00

Black forest gateau, chocolate brownie pieces, with cherries, chocolate mousse and cream
GF (e,m,so) 8.50

Blackcurrant mousse on a biscuit base, topped with blackcurrant gel, toasted coconut and coconut ice cream GFO, VE (g,so) 8.50

Scoop of our own ice cream or sorbet
GFO (m,so) 2.80

A Selection of Norfolk & Suffolk Cheese Crackers and Chutney GFO (g,e,m,se,su) 13.75

VE - suitable for vegans | VEO - VEGAN OPTION | GFO - gluten free option

Please inform your server of any food allergies or dietary restrictions.

For your information and reassurance, all dishes show which potential allergens they may contain:

c=Celery, g=Gluten, cr=Crustacean, e=Egg, f=Fish, lu=Lupin, m=Milk, mo=Mollusc, mu=Mustard, tn=Tree Nut, pe=Peanuts, se=Sesame, so=Soya, su=Sulphites.

Our Kitchen is not a nut-free or gluten-free zone.

A discretionary service charge of 10% will be added to your bill for tables of 6 and over. All of which is distributed to our team.