

HELENE'S BAR

Lunch | 12pm - 2pm

SMALL PLATES & STARTERS

Olives and feta cheese VEO (m) 6.40

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

Soup of the day with warm bread and butter VEO GFO (for allergens, please ask on the day) 8.50

Pitta bread and red pepper hummus VE, GFO (g,se) 7.50

Salt & pepper squid - asian slaw, chilli and lime dressing (g,f,mo,so) 9.00

Charred melon - wrapped in parma ham, sundried tomato, pinenut and rocket salad with balsamic glaze (tn,su) 9.00

Chicken satay skewers - peanut sauce, crispy noodle salad (g,f,pn,so) 10.00

Moules Marinière - local mussels in a white wine, garlic & parsley cream sauce with crusty baguette GFO (g,m,mo,su) 10.00 | Add chorizo 1.50

Courgette pakoras - mango chutney, cucumber, red onion, coriander salad VE (g) 8.00

SHARING

Fish platter - smoked salmon, prawn mousse, smoked mackerel, smoked trout, sweet cured herring and prawns with lemon mayonnaise and crusty bread GFO (g,cr,e,f,su) 25.00

Antipasti platter - cured meats, feta cheese, manchego cheese, mixed olives, boretane onions, sweet peppers, sun-dried tomatoes, chilli jam and red pepper hummus with crusty bread GFO (g,m,se,so,su) 22.50

Platters are available for one on request

SIDE DISHES

Skin on chunky chips 5.00

Chips 5.00

Sweet potato chips 5.00

Green salad 5.00

Seasonal greens (m) 6.00

Onion rings (g) 5.00

MAINS

Fish and chips - Locally caught battered fish of the day, chips, mushy peas GFO (g,f) 18.50

Thai red chicken curry - jasmine rice (su) 18.50

Pan fried pork chop - wholegrain mustard mash, roasted apple, red onion gravy, crispy crackling, cavolo nero (g,m,mu,su) 17.50

Moules Marinière - local mussels in a white wine, garlic and parsley cream sauce with crusty baguette GFO (g,m,mo,su) 19.00 | Add chorizo 1.50

Tiger prawn linguine - leek, lemon and dill velouté, hot smoked salmon, dressed rocket (g,cr,f,m,su) 19.00

Jackfruit and sweet potato chilli - steamed rice, guacamole (c) 14.00

Caesar salad - cos lettuce, anchovies, crispy bacon, croutons, caesar dressing, parmesan shavings GFO (g,e,m,f) 15.00
Add chicken 7.00 | Add poached egg (e) 2.00

FROM THE GRILL

Aberdeen angus steak burger - cheddar cheese, plum tomato, cos lettuce, burger sauce, chips, red cabbage slaw (g,e,m,so) 19.00

Cajun buttermilk chicken burger, cajun and garlic mayonnaise, cos lettuce, tomato, chips, slaw (g,e,m,su) 17.50

Sirloin steak - chimichurri, slow roasted plum tomato, flat mushroom, skin on chunky chips GFO (g,su) 32.00

Plant based burger, vegan cheddar, bbq sauce, crispy onions, cos lettuce, tomato, sweet potato chips VE (g) 16.50

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

SANDWICH (*White or Malted Bloomer*) **OR BAGUETTE** (+ £1.00)

Served with crisps and garnish

*Gluten-free bread is available on request.
The baguette does not contain soya.*

Local beef and horseradish sandwich (*g,e,m,mu,so,su*) **9.00**

Honey roasted Suffolk ham and piccalilli sandwich
(*g,mu,so,su*) **9.00**

Norfolk turkey and cranberry sauce sandwich (*g,so*) **9.00**

Smoked salmon, cream cheese and chive
sandwich (*g,f,m,so*) **12.50**

Prawn & marie rose sauce sandwich (*g,cr,e,f,so*) **12.50**

Roasted vegetable and red pepper hummus
sandwich **VE** (*g,se,so*) **8.50**

Cheddar cheese and onion chutney sandwich
(*g,m,so,su*) **9.00**

Chunky fish finger, tartare sauce, cos lettuce and
cucumber sandwich (*g,e,f,mu,so*) **11.00**

WRAPS

Served with crisps and garnish

Crispy chicken wrap - buttermilk chicken goujons, cos
lettuce, bbq sauce, cheddar cheese (*g,m*) **9.75**

Duck wrap - shredded duck, cos lettuce, spring onion,
cucumber and hoisin sauce (*g,se,so*) **10.25**

Vegan greek wrap - vegan style feta, olives, tomatoes,
cucumber, cos lettuce, red onion,
vegan mayonnaise **VE** (*g*) **9.75**

CIABATTAS

Served with crisps and garnish

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

Roasted vegetables, halloumi, pesto mayonnaise
(*g,e,m,tn*) **11.00**

Chargrilled steak, balsamic onions, rocket and dijon
mayonnaise (*g,e,mu,su*) **16.50**

SIDE DISHES

Skin on chunky chips **5.00**

Chips **5.00**

Sweet potato chips **5.00**

Green salad **5.00**

Seasonal green vegetables (*m*) **6.00**

Onion rings (*g*) **5.00**

DESSERTS

Chocolate brownie - chocolate crumb,
chocolate sauce, vanilla ice cream
(*e,m,so*) **9.00**

Speculoos cheesecake VE - speculoos
crumb, caramelised biscuit sauce,
vegan vanilla ice cream (*g,so*) **8.50**

Lemon tart - berry coulis, raspberry
mascarpone, crisp meringue (*g,e,m*)
9.00

Bread and butter pudding - croissant,
marmalade, clotted cream (*g,e,m*) **9.00**

Apple and ginger crumble - warm
custard (*g,m*) **8.50**

A selection of Norfolk & Suffolk
cheese, crackers and chutney **GFO**
(*g,e,m,se,su*) **13.75**

Scoop of our own ice cream or sorbet
GFO (*m,so*) **3.00**

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 10% optional gratuity will be added to your bill, all of which is shared between the team.