

HELENE'S BAR

Lunch | 12pm - 2pm

SMALL PLATES / STARTERS

Olives and feta cheese (m) 6.25

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

Soup of the day with crusty bread and butter GFO (for allergens, please ask on the day) 7.50

Avocado bruschetta VE GFO (g) 7.00

Spiced whitebait with garlic aioli GFO (g,e,f) 7.50

Salt and pepper squid with lemon and sweet chilli dip (g,mo) 7.50

Honey and balsamic sticky glazed chipolatas wrapped in bacon served with mustard mayo GF (e,mu,su) 7.50

Norfolk mussels in a white wine, garlic, coriander and cream sauced served with sourdough bread GFO (c,g,cr,m,mo,su) 7.50 / 14.50

Smoked haddock rarebit, marinated tomatoes and parmesan cream (g,e,f,m) 7.50

Smoked ham hock, chicken and leek terrine with piccalilli and toasted tomato bread (g,m,tn,se,so,su) 7.50

SHARING

Available for one on request

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) 23.00

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) 21.00

Baked camembert - with rosemary and garlic, served with chilli jam and crusty bread GFO (g,e,m,tn,se) 14.50

BAGUETTE, WHITE OR MALTED BLOOMER

all contain gluten / gluten free bread is available on request

Local beef and horseradish (e,m,mu,su,) 7.95

Honey roasted Suffolk ham and piccalilli (mu,su) 7.95

Suffolk chicken, mayonnaise and rocket (e) 9.00

Norfolk turkey and cranberry sauce (se,so) 7.95

Smoked salmon, cream cheese and chive (f,m) 11.50

Prawn & marie rose sauce (e,cr) 11.50

Roasted vegetable and red pepper houmous VE (se) 7.50

Cheddar cheese and onion chutney (m,su) 7.95

Chunky fish fingers with tartare sauce, cos lettuce and cucumber (e,f,mu) 10.00

WRAPS

Chicken fajita wrap - Chargrilled chicken breast, roasted peppers, grated cheese, caramelised red onion and salsa (g,m,su) 9.00

Falafel wrap - Falafel, cucumber, tomato, red onion, pickled red cabbage, vegan tzatziki and sweet chilli sauce VE (g,su) 8.50

Duck wrap - Shredded duck, spring onion, cucumber and hoisin sauce (g,se,so) 9.50

CIABATTAS

Chicken, bacon, tomato, sweet chilli mayonnaise and rocket (g,e) 11.00

Roasted vegetables, mozzarella, basil and tomato chutney (g,m,su) 10.50

Steak, charred onions, rocket and wholegrain mustard dressing (g,mu,su) 16.00

Add chips to any ciabatta, wrap or sandwich 5.00

MAINS

Fish and chips - Locally caught tempura battered fish of the day with minted mushy peas and chips **GF (f)** 16.00

Pappardelle pasta with a wild mushroom, chive and cream sauce finished with herb oil *(c,g,e,m,mu,so,su)* 17.00
Add chicken 5.00

Tabbouleh and feta salad with basil oil *(g,m)* 14.00

Caesar salad - Cos lettuce, anchovies, crispy bacon, croutons and Caesar dressing topped with parmesan shavings *(g,e,f)* 13.00
Add chicken 5.00, *Add poached egg (e)* 1.75

Old Spot sausages on olive mash with sticky onion sauce and seasonal vegetables *(c,g,su)* 20.00

FROM THE GRILL

Aberdeen Angus burger - With smoked cheese, plum tomato, cos lettuce and red onion. Served with chips *(g,e,m,so)* 16.75

8oz sirloin steak - on chimichurri topped with slow roasted plum tomato and flat mushroom. Served with chips **GFO** *(g,su)* 28.00

Plant based burger - in a brioche bun with vegan mayonnaise, plum tomato and red onion. Served with sweet potato fries **VE** *(g,tn,so)* 15.50

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

SIDE DISHES

Triple cooked chips 5.00
Chips 5.00
Sweet potato fries 5.00
Green salad 4.50
Seasonal green vegetables *(m)* 5.00
Onion rings *(g)* 4.00

DESSERTS

Apple and blackberry crumble served with raspberry ripple ice cream or custard **GFO** *(g,m)* 7.50

Chocolate brownie finished with chocolate sauce and vanilla seed ice cream **GFO** *(e,m,so)* 7.50

Croissant bread and butter pudding with clotted cream *(g,e,m)* 7.50

Lemon posset - a blend of cream, lemon mousse and lemon juice *(m,su)* 8.00

Black forest gateau, chocolate brownie pieces, with cherries, chocolate mousse and cream **GF** *(e,m,so)* 8.00

Blackcurrant mousse on a biscuit base, topped with blackcurrant gel, toasted coconut and coconut ice cream **GFO, VE** *(g,so)* 7.00

Scoop of our own ice cream or sorbet **GFO** *(m,so)* 2.50

Norfolk White Lady, Norfolk Dapple, and Binham Blue cheese with crackers and fruit chutney *(g,e,m,se,so,su)* 12.00

VE - suitable for vegan | **GF** - gluten free

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=Molluscs, mu=Mustard, tn=Tree Nuts, pe=Peanut, 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.