# HELENE'S BAR

 $Dinner \mid 6pm - 9pm$ 

NIBBLES

Honey and Balsamic Glazed Chipolatas wrapped in Bacon with Mustard Mayo (e,mu,su) 7.50 Olives and Feta Cheese (m) 6.25

Bread Board with Salted Butter, Olive Oil, Balsamic Vinegar (g,e,m,tn,se,so,su,) 6.00

## STARTERS

Soup of the Day with Warm Bread (for allergens, please ask on the day) GFO 7.50

Norfolk Mussels, White Wine, Garlic, Coriander and Cream Sauce with Sourdough Bread (c,g,r,m,mo) Starter 7.50 / Main 14.50

Spiced Whitebait with Garlic Aioli (g,e,f) 7.50

Salt and Pepper Squid with Lemon and Sweet Chilli Dip (g,mo) 7.50

Avocado Bruschetta on Tomato Salsa VE (g,so,su,se) 7.00

Smoked Haddock Rarebit, Marinated Tomatoes, Parmesan Cream (g,e,f,m) 7.50

Smoked Suffolk Ham Hock, Chicken and Leek Terrine with Piccalilli and Toasted Tomato Bread (c,g,mu) 7.50

## SHARING PLATES

Available for one person on request

Fish Platter - Smoked Salmon, Prawns, Mackerel, Trout, Sweet Cured Herring, Kipper Pâté, Lemon Mayonnaise, Crusty Bread (e,cr,f,mo,se) 23.00

Anti Pasti Platter - Feta Cheese, Manchego Cheese, Cured Meats, Mixed Olives, Roasted Vegetables, Sun-dried Tomatoes, Chilli Jam, Red Pepper Houmous and Chargrilled Bread (m,se,so,su) 21.00

Baked Whole Camembert, Rosemary, Garlic, Chilli Jam, Selection of Bread (e,m,g,se,tn) 14.50

#### SIDE DISHES

Sautéed Potatoes (m) 5.00 Chips 5.00 Hand Cut Chips 5.00 Onion Rings (g) 4.50 Baked Cauliflower Cheese 5.50 Seasonal Greens (m) 5.00 Tenderstem Broccoli with Lemon Zest (m) 5.50 Fine Green Beans (m) 5.00 Peppercorn Sauce (m,mu,su) 4.00 Bearnaise Sauce (m,su) 4.00

## MAIN DISHES

Caesar Salad - Cos Lettuce, Anchovies, Crispy Bacon, Croutons, Parmesan, Caesar Dressing (g,e,f) 13.00

Add Chicken 5.00 / Add Poached Egg (e) 1.75

Tabbouleh and Feta Salad, Basil Oil 14.00

Greek Salad - Plum Tomatoes, Cucumber, Feta Cheese, Red Onion, Olives and Cos Lettuce finished with Olive Oil (m) 15.00

Teriyaki Salmon on Stir Fried Vegetables and Noodles (e,f,g,se,so,su) 21.00

Katsu Curry with Jasmine Rice
Panko Coated Chicken (c,g,e,m) 17.00 / Panko Coated Vegetables (g,e,m) 15.00

80z Aberdeen Angus Sirloin Steak, Chimichurri, Slow Roasted Plum Tomato, Flat Mushroom, Chips GFO (g,su) 28.00

Old Spot Sausages, Olive Mash, Sticky Onion Sauce with Seasonal Vegetables (g,su,c) 20.00

Aberdeen Angus Steak Burger, Brioche Bun, Smoked Cheese, Cos Lettuce, Tomato, Chips (g,e,m,so) 16.75

Add - Bacon, Flat Mushroom, Guacamole, Onion Ring / 2.50 each

Pappardelle Pasta, Wild Mushrooms, Chives, Cream Sauce, Herb Oil (g,m,su) 18.00 Add Chicken 5.00

Plant Based Burger, Brioche Bun, Vegan Mayonnaise, Red Onion, Cos Lettuce, Plum Tomato, Chips VE (e,g,so,se) 15.00
Add - Flat Mushroom, Guacamole, Onion Ring / 2.50 each

## DESSERTS

Croissant Bread and Butter Pudding, Clotted Cream (g,e,m,) 7.50

Black Forest Gateau, Chocolate Brownie, Cherries, Chocolate Mousse, Cream (e,m,so) 8.00

Lemon Posset - A blend of Cream, Lemon Mousse, Lemon Juice (m,su) 8.00

Apple and Blackberry Crumble with Vanilla Custard GFO (g,e,m,su) 7.50

Chocolate Brownie with Vanilla Ice Cream (e,m,so) 7.75

A Selection of Norfolk & Suffolk Cheese, Crackers and Chutney (g,e,m,se,su) 12.00

A Scoop of Homemade Ice Cream or Sorbet (for allergens please ask on the day) 2.50

**VE** - suitable for vegan | **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.