



THE Ffolkes

LOW GLUTEN MENU

TOASTIES & SANDWICHES

Served with a salad garnish on gluten free bread

Norfolk Dapple & red onion chutney £6.50 | **£5.85**

Chicken breast, pesto & mozzarella £7.75 | **£6.98**

Sausage, caramelised onions & cheddar £7.75 | **£6.98**

Tune melt: tuna mayo, red onion & £7.75 | **£6.98**

mature cheddar

SOUP

Bowl of soup served with gluten free bread £4.95 | **£4.45**

SOUP AND HALF A SANDWICH OR TOASTIE
FROM THE LIST TO THE LEFT £8.95 | **£8.05**

GRAZING

£4.25 | **£3.83** EACH

We
recommend
2 for a starter,
4 for a
main

- Steak strips, red onion, peppers & mixed roasted seeds
- Whole stuffed mushroom with goat's cheese & caramelised red onions **V**
- Mackerel paté with horseradish & sourdough toast

- Pan-fried chicken dippers with a sweet chilli & coriander jam
- Binham blue, roasted beetroot with a walnut dressing **V**

FFOLKES PIES £12.95 | **£11.65**

Our pies are made here, with shortcrust pastry, quality local ingredients and served straight from our oven to your plate.

Sweet potato, spinach & mushroom (GF | DF)

VEGETABLES
Peas or mixed
seasonal vegetables

POTATOES
Chunky chips,
mash or new potatoes

GRAVY
Vegetarian

MAINS

Ffolkes salad £7.95 | **£7.15**

Mixed leaves, tomatoes, cucumber, red onion, carrot, beetroot, sweetcorn, radish, spring onion & mixed beans

Add chicken £3.50 | **£3.15**

Gammon, egg & chips £13.50 | **£12.15**

Locally reared gammon, 2 fried eggs, hand-cut chunky chips, piccalilli

8oz black Angus sirloin steak £22.50 | **£20.25**

Served with hand-cut chips, mushroom, onion rings, grilled tomato, peas

Add a sauce: Stilton, Diane or Peppercorn £2.50 | **£2.25**

Smoked pork belly £13.95 | **£12.56**

With buttered mash, caramelised apples, seasonal vegetables & a cider jus

Slow cooked duck leg £14.95 | **£13.45**

Spring onion mashed potato, rainbow chard & a spiced plum sauce

Root vegetable hash **V** £11.95 | **£10.75**

Three eggs (poached or fried) with pan roast medley including parsnips, beetroot & celeriac

SIDES

£2.95 | **£2.66**

Hand cut chunky chips • Skinny fries • Sweet potato fries • Side salad

Potato - mash or new Steamed seasonal vegetables

DESSERTS

Warm chocolate sponge £6.75 | **£6.08**

Wonderfully messy, rich chocolate dessert, topped with chocolate custard

SUNDAES

Make your own Sundae £5.00 | **£4.50**

Come and make you own icecream sundae at our self serve station

Gelato & sorbet

Chocolate, strawberry, vanilla ice cream | Lemon or raspberry sorbet
1 scoop £2.00/**£1.80** 2 scoops £3.50/**£3.15** 3 scoops £5.00/**£4.50**