

NORFOLK  
PASSPORT  
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# THE Ffolkes

## LOW DAIRY

### SANDWICHES

Served as a sandwich or a toastie, with a salad garnish on your choice of brown or white bloomer

Chicken salad	£7.50   <b>£6.75</b>
Bacon, lettuce & tomato	£7.50   <b>£6.75</b>
Sausage & caramelised onions	£7.50   <b>£6.75</b>

### SOUP

Bowl of soup served with a chunk of crusty bread £4.95 | **£4.45**

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

### GRAZING

FOR 1: £3.95 | **£3.55** • FOR 2: £7.75 | **£6.98** • FOR 4 £15.00 | **£13.50**

We recommend  
2 for a starter,  
4 for a main

#### FISH

- Homemade gravlax, sourdough & salad
- Deep fried calamari & garlic mayo
- Crispy whitebait & tartare sauce

#### VEGGIES

- Tempura vegetables & garlic mayo
- Baked falafels, Asian slaw & harissa mayonnaise

### FFOLKES PIES £11.95 | **£10.76**

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,  
or new potatoes

GRAVY  
Vegetarian

### MAINS

Ffolkes salad	£7.95   <b>£7.15</b>	Sardines	£12.50   <b>£11.25</b>
Mixed leaves, tomatoes, cucumber, red onion, carrot, beetroot, sweetcorn, radish, spring onion and mixed beans		Whole grilled sardines, tomato and caper salad, sautéed potatoes and slices of brown bread	
Add salmon or chicken	£3.50   <b>£3.15</b>	Smoked pork belly	£13.95   <b>£12.55</b>
Fish & chips	£12.00   <b>£10.80</b>	Sliced smoked pork belly, sautéed potatoes, warm vegetable salad and a homemade sour tomato sauce	
IPA battered cod, chunky chips, mushy peas and tartare sauce		8oz sirloin steak	£21.95   <b>£19.75</b>
Beef or chicken burger	£12.50   <b>£11.95</b>	Served with chips, mushroom, onion rings, tomato, peas	
Homemade burger/chicken breast, served in a sesame topped bun with chunky chips and coleslaw			
Add bacon	£1.50   <b>£1.25</b>		
Vegetarian chilli	£12.95   <b>£11.65</b>		
Mixed vegetables and beans in a rich tomato sauce, served with rice			

### SIDES

£2.95 | **£2.66**

Garlic bread • Hand cut chunky chips • Skinny fries • Sweet potato fries • Side salad  
New potatoes • Steamed seasonal vegetables • Onion rings

### DESSERTS

Sorbets

Lemon or raspberry sorbet

1 scoop £2.00/**£1.80** 2 scoops £3.50/**£3.15** 3 scoops £5.00/**£4.50**