



THE Ffolkes

LOW GLUTEN MENU

SANDWICHES

Served as a sandwich or a toastie, with a salad garnish on gluten free bread

- Norfolk Dapple & red onion chutney £6.00 | **£5.40**
- Chicken, pesto & mozzarella £7.50 | **£6.75**
- Bacon & brie £7.50 | **£6.75**
- Sausage, caramelised onions & cheddar £7.50 | **£6.75**

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

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

MEAT

- Chicken liver paté & gluten free toast

FISH

- Homemade gravlax, gluten free bread & salad
- Cromer crab remoulade, gluten free toasted sourdough & salad

VEGGIES

- Port baked mushrooms with stilton gluten free toast
- Rosemary & garlic baked camembert & gluten free toast
- Baked falafels, Asian slaw & harissa mayonnaise

FFOLKES PIES £11.95 | **£10.76**

Our pies are made here, with 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 and mixed beans

Add chicken, salmon or halloumi £3.50 | **£3.15**

Beef or chicken burger £12.50 | **£11.95**

Homemade burger/chicken breast, sesame topped bun, served with chunky chips and coleslaw.

Vegetarian chilli £12.95 | **£11.65**

Mixed vegetables and beans in a rich tomato sauce, served with rice and cheese sauce

Bacon steak, egg & chips £13.50 | **£12.15**

Smoked bacon steak, fried eggs and chunky chips

Sardines £12.50 | **£11.25**

Whole grilled sardines, tomato and caper salad, sautéed potatoes and slices of brown bread

8oz sirloin steak £21.95 | **£19.75**

Served with chips, mushroom, tomato, peas

Add a sauce: Stilton £2.50 | **£2.25**

SIDES

£2.95 | **£2.66**

Hand cut chunky chips • Skinny fries • Sweet potato fries • Side salad
Potato - mash or new Steamed seasonal vegetables

DESSERTS

Cherry clafoutis £6.50 | **£5.85**

A warm spongy pancake laced with cherries served with vanilla gelato

SUNDAES

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

Come and make your own icecream sunda 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