

LOW GLUTEN MENU

BREAKFAST Served 7-11am

CONTINENTAL £8.00 | £7.20 Passport Help yourself from the buffet

Bakery: Please ask for gluten free bread

Fruit & yoghurt: Whole & chopped seasonal fruit, compote, greek yoghurt & low fat natural yoghurt

Unlimited drinks from the buffet

Tea, coffee & juices. Speciality coffee is available at an additional charge.

COOKED £10.00 | £9.00 Passport

Bacon, sausage, choice of fried, poached or scrambled eggs, tomato, mushroom, beans & GF toast

Unlimited drinks from the buffet

Tea, coffee & juices. Speciality coffee is available at an additional charge.

FULL £12.00 | £10.80 Passport Combination of the above

Unlimited drinks from the buffet

Tea, coffee & juices. Speciality coffee is available at an additional charge.

UNDER 12'S Half price on all of the above

SANDWICHES & SOUP Served 11am-5pm

All sandwiches served on gluten free bread with salad

Chicken breast, bacon, mayonnaise & salad	£7.00	£6.30
Norfolk Dapple & red onion chutney	£5.50	£4.95
Smoked salmon & cream cheese	£6.50	£5.85
Sausage, caramelised onion & cheese	£7.00	£6.30
Mediterranean vegetables, pesto & mozzarella	£7.00	£6.30
Soup of the day & gluten free bread	£4.95	£4.45
Add fries or chunky chips	£2.00	£1.80

SIDES

Hand cut chunky chips	Skinny fries	Side salad	All	All
Sweet potato fries	Steamed seasonal vegetables		£2.95	£2.66

HOUSE SALAD

Mixed leaves, tomatoes, cucumber, red onion, carrot, beetroot, sweetcorn, radish, spring onion & mixed beans	£6.50	£5.85
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Add one of the following to your house salad £3.00 £2.70

Mediterranean vegetables | Grilled chicken strips | Steak strips
Grilled salmon | Grilled halloumi

Add any one of the following toppings £1.50 £1.35

Potato salad | Sautéed potatoes | Boiled egg

Add dressing Ceasar | Honey & mustard | French | Olive oil | Balsamic FREE

NORFOLK
PASSPORT

LOW GLUTEN MENU

GRAZING *We recommend 2 for a starter & 4 for a main*

£3.95 | £3.55 Passport

FOR ONE

£7.75 | £6.98 Passport

FOR TWO

£15 | £13.50 Passport

FOR FOUR

- Pork terrine & gluten free toast
- Salmon roulade with gluten free bread
- Patatas Bravas
- Garlic buttered mushrooms
- BBQ garlic prawns
- Prime steak strips, peppers, onions, roasted peanuts & sweet chilli sauce

MAINS

		NORFOLK PASSPORT
Sweet potato, spinach & mushroom pie, with your choice of chips, mash or news & veg or peas	£11.95	£10.76
Ffolkes curry with rice, flat bread & pickles		
Chicken	£13.95	£12.55
King Prawn	£14.95	£13.55
Fillet of salmon, dill sauce, seasonal vegetables & new potatoes	£14.00	£12.60
Bacon steak, fried egg, bubble & squeak & pan gravy	£14.50	£13.05
Pan fried chicken, Dauphinoise potatoes, mushroom sauce & seasonal veg	£14.00	£12.60
Steaks served with traditional garnish (no onion rings) & chunky chips or with seasonal salad & new potatoes		
8oz sirloin	£19.95	£17.96
10oz ribeye	£22.50	£20.25

DESSERT

Eton mess	£6.25	£5.62
Vanilla gelato, fresh fruit compote, meringue & whipped cream		
Key lime	£6.25	£5.62
Lime jelly, lemon sorbet, meringue, vanilla gelato & whipped cream		
The Ffolkes ice cream station	£4.50	£4.05
Unlimited help yourself whippy ice cream & sauces		
Gelato & sorbet		
Choose from vanilla, chocolate, strawberry, lemon sorbet, salted caramel		
1 Scoop	£2.00	£1.80
2 Scoops	£3.50	£3.15