

## VEGAN / VEGETARIAN DINE IN MENU

| VEGAN OPTIONS                                                                                                                                                                                                | VEGETARIAN OPTIONS                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BRUNCH (UNTIL MIDDAY)</b>                                                                                                                                                                                 | <b>BRUNCH (UNTIL MIDDAY)</b>                                                                                                                                                                                 |
| <b>Vegan Smashed Avocado £12</b><br>With Chilli & Lime, served on Toasted Sourdough Bread, topped with a Tomato Salsa and Leaves on the side                                                                 | <b>Smashed Avocado £12</b><br>With Chilli & Lime, served on Toasted Sourdough Bread, topped with a Poached Egg and Leaves on the side                                                                        |
| <b>Home Made Baked Beans on Toast £9</b><br>Home made Baked Beans, served on Toasted Sourdough Bread, with Vegan Spread                                                                                      | <b>Vegan Smashed Avocado £12</b><br>With Chilli & Lime, served on Toasted Sourdough Bread, topped with a Tomato Salsa and Leaves on the side                                                                 |
| <b>Porridge £10</b><br>A generous bowl of Porridge, made with Oat Milk and topped with Berry Compote and Granola                                                                                             | <b>Home Made Baked Beans on Toast £9</b><br>Home made Baked Beans, served on Toasted Sourdough Bread<br><i>Add a Poached Egg £1.50</i>                                                                       |
| <b>LUNCH (FROM MIDDAY)</b>                                                                                                                                                                                   | <b>Scrambled, or Poached Eggs £9</b><br>Served with Sourdough Toast<br><i>Add Homemade Baked Beans £2.50</i>                                                                                                 |
| <b>Smashed Avocado, White Bean &amp; Roasted Peppers Open Sandwich £13</b><br>Avocado, White Bean and Lemon Smash, topped with Roasted Peppers & Mixed Seeds on Toasted Sourdough Bread. Served with a Salad | <b>Porridge £9</b><br>A generous bowl of Porridge topped with Berry Compote and Granola<br><i>Made with Oat Milk Alternative £1</i>                                                                          |
| <b>Mushroom &amp; Tarragon Pate Board £13</b><br>Homemade Mushroom & Tarragon Pate, served with Sourdough Toast and a Salad                                                                                  | <b>LUNCH (FROM MIDDAY)</b>                                                                                                                                                                                   |
| <b>Homemade Hearty Soup £11 **</b><br>A generous bowl of homemade soup, served with Sourdough Bread & Butter<br><i>See Board for Today's Recipe</i>                                                          | <b>Ploughman's Sandwich Plate £13</b><br>Cheddar Cheese, Onion Chutney, Tomato & Lettuce, on Seeded Wholemeal Bread. Served with a Salad and Salted Crisps                                                   |
| <b>** May not be available as a Vegan option</b>                                                                                                                                                             | <b>Caprese Open Sandwich £13</b><br>Mozzarella, Tomato & Basil, on Toasted Sourdough Bread. Served with a Salad                                                                                              |
|                                                                                                                                                                                                              | <b>Smashed Avocado, White Bean &amp; Roasted Peppers Open Sandwich £13</b><br>Avocado, White Bean and Lemon Smash, topped with Roasted Peppers & Mixed Seeds on Toasted Sourdough Bread. Served with a Salad |
|                                                                                                                                                                                                              | <b>Mushroom &amp; Tarragon Pate Board £13</b><br>Homemade Mushroom & Tarragon Pate, served with Sourdough Toast and a Salad                                                                                  |
|                                                                                                                                                                                                              | <b>Homemade Hearty Soup £11 **</b><br>A generous bowl of homemade soup, served with Sourdough Bread & Butter<br><i>See Board for Today's Recipe</i>                                                          |
|                                                                                                                                                                                                              | <b>** May not be available as a Vegetarian option</b>                                                                                                                                                        |

KITCHEN CLOSSES AT 2.15PM

If you have any questions relating to allergens, or ingredients - please discuss with us prior to ordering.  
Please highlight you are ordering from the Vegan, Vegetarian, Gluten Free & Dairy Free Menu to your Server

AN OPTIONAL 12.5% SERVICE CHARGE WILL BE ADDED TO ALL BILLS

## GLUTEN FREE / DAIRY FREE DINE IN MENU

### GLUTEN FREE OPTIONS

#### BRUNCH (UNTIL MIDDAY)

##### **Smashed Avocado £12**

With Chilli & Lime, served on a bed of Sliced Tomato, topped with a Poached Egg and Leaves on the side  
*Add Norfolk Bacon £2.50*

##### **Poached Eggs with Bacon £10**

Served with a Salad

##### **Scrambled Eggs with Homemade Baked Beans £10 Served with a Salad**

*Add Norfolk Bacon £2.50*

##### **Porridge £9**

A generous bowl of Gluten Free Porridge topped with Berry Compote and Granola  
*Made with Oat Milk Alternative £1*

#### LUNCH (FROM MIDDAY)

##### **Mushroom & Tarragon Pate Board £13**

Homemade Mushroom & Tarragon Pate, served with Gluten Free Oat Cakes and a Salad

##### **Homemade Hearty Soup £11 \*\***

A generous bowl of homemade soup, served with Gluten Free Oat Cakes & Butter  
*See Board for Today's Recipe*

##### **Seasonal Specials £14 \*\***

Stews and Curry's to warm you up.  
*See Board for today's choice.*

\*\* May not be available as a Gluten Free option

*We do not offer Gluten Free Bread*

### DAIRY FREE OPTIONS

#### BRUNCH (UNTIL MIDDAY)

##### **Breakfast Sandwich £8**

Norfolk Bacon, or Sausage on Seeded Wholemeal Bread & served with a choice of Ketchup or Brown Sauce

##### **Smashed Avocado £12**

With Chilli & Lime, served on Toasted Sourdough Bread, topped with a Poached Egg and Leaves on the side  
*Add Norfolk Bacon or Sausage £2.50*  
*Vegan: Replace the Egg with a Tomato Salsa*

##### **Homemade Baked Beans on Toast £9**

Home made Baked Beans, served on Toasted Sourdough Bread  
*Add Norfolk Bacon or Sausage £2.50*  
*Add a Poached Egg £1.50*

##### **Scrambled, or Poached Eggs £9**

Served with Sourdough Toast  
*Add Norfolk Bacon or Sausage £2.50*  
*Add Homemade Baked Beans £2.50*

##### **Porridge £10**

A generous bowl of Porridge, made with Oat Milk and topped with Berry Compote and Granola

#### LUNCH (FROM MIDDAY)

##### **Norfolk Ham & Mustard Sandwich Plate £13**

Norfolk Ham, English Mustard, Tomato & Lettuce, on Seeded Wholemeal Bread and served with a Wittles Salad and Salted Crisps

##### **B.L.T Sandwich Plate £13**

Norfolk Bacon, Tomato, Lettuce & Mayonnaise, on Seeded Wholemeal Bread and served with a Wittles Salad and Salted Crisps

##### **Smashed Avocado, White Bean & Roasted Peppers Open Sandwich £13**

Avocado, White Bean and Lemon Smash, topped with Roasted Peppers & Mixed Seeds on Toasted Sourdough Bread. Served with a Salad

##### **Mushroom & Tarragon Pate Board £13**

Homemade Mushroom & Tarragon Pate, served with Sourdough Toast and a Salad

##### **Homemade Hearty Soup £11 \*\***

A generous bowl of homemade soup, served with Sourdough Bread & Dairy Free Spread  
*See Board for Today's Recipe*

##### **Seasonal Specials £14 \*\***

Stews and Curry's to warm you up.  
*See Board for today's choice.*

\*\* May not be available as a Dairy Free option

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