



BYFORDS

BYFORDS LOW GLUTEN MENU

Here at Byfords we ensure we take the upmost care in producing low gluten dishes, however they are prepared in an area containing gluten products.

BRUNCH

AVAILABLE 8AM- 2:30PM • 7 DAYS A WEEK

COOKED BREAKFASTS	£12.75	£11.48
Choice of regular tea, coffee, latte cappuccino, mocha or hot chocolate (upgrade to large for £1), gluten free toast and one of the following:		
BYFORDS: Fried, poached or scrambled egg, smoked back bacon, sausage, slow roast tomato, mushrooms, baked beans & hash brown		
VEGGIE: Fried, poached or scrambled egg, vegetarian sausages, slow roast tomato, mushrooms, baked beans & hash brown		
SKINNY: Scrambled or poached egg, smashed avocado, wilted spinach, slow roast tomato, mushrooms & beans		
FREE RANGE EGGS, ON TOASTED GLUTEN FREE BREAD		
BENEDICT:	small: £5:25	£4:73 large: £10:00 £9:00
Our own roast ham, wilted spinach, poached eggs & herbed hollandaise		
ARLINGTON:	small: £5:25	£4:73 large: £10:00 £9:00
Smoked salmon, with wilted spinach, poached eggs & herbed hollandaise		
SMASHED AVOCADO:	small: £5:25	£4:73 large: £10:00 £9:00
With fresh chilli, cherry tomatoes, scrambled or poached eggs.		

FREE RANGE OMELETTES	£8.00	£7.20
*Smoked haddock *Ham & Cheese *Mushroom , red pepper, red onion & spinach		
FULL ENGLISH OMELETTE	£9.95	£8.96
Bacon, sausage, tomato, mushroom		
BYFORDS BREAKFAST HASH: Fried potato, chorizo, tomato & spring onion- baked with free range eggs and topped with cheese.	£10.95	£9.45
CLEY SMOKED KIPPER: Cley's finest on the coast with slow roast tomato, lemon, parsley & gluten free toast	£12.75	£11.48
KEDGEREE: Cley smoked haddock & prawn kedgerree, spinach, rice, free range poached egg, gluten free toast	£10.50	£9.45
BACON, SAUSAGE (OR BOTH) SARNIE	£6.95	£6.26
served on double stacked gluten free bread		
BYFORDS BREAKFAST BOWL: Greek yoghurt, maple toasted coconut & nuts, drizzled with honey and your choice of blueberry or apple & cinnamon compote	£5.25	£4.73
SCRAMBLED EGG with Bacon or Smoked salmon, on gluten free toast	£7.95	£7.36

SANDWICHES ALL SERVED ON GLUTEN FREE BREAD

POSH CHEESE ON TOAST:	£9.50	£8.55
Chunky hand cut toast, our favourite local cheeses - Binham Blue, Norfolk Dapple and Wells Alpine- served with apple & mint chutney and dressed salad		
BYFORDS CHEESESTEAK	£10.00	£9.00
Slice roast beef, roasted red peppers, red onion, hot swiss cheese, served with rainbow slaw & seasoned fries		
CHARGRILLED CHICKEN:	£9.50	£8.55
Sun-blushed tomatoes, rocket, pesto, fries		

SOUP KITCHEN

Everyday we serve tomato & basil plus a daily special - with either the choice gluten free toast as standard, or a half or full sandwich from the section below. All our soups are suitable for vegetarians & contain no gluten or dairy products

SOUP AS IT COMES: £6.50	£5:85	SOUP & HALF SANDWICH: £9.95	£8:96
SOUP & FULL SANDWICH: £11.65		£10.48	

SOUP SPECIALS:

Monday: Mushroom & Tarragon	Friday: Spiced Carrot & Coriander
Tuesday: Sweet Potato & Coconut	Saturday: Chunky Vegetable & Red Lentil
Wednesday: French Onion	Sunday: Leek & Potato
Thursday: Vegetable & Herb Minestrone	

SHARING PLATTERS

Served from 12-9pm • £9.95 £8.95 for 1, £18.50 £16.65 for 2 • all served with gluten free toast

DELI: Sliced Chorizo, Parma ham, Binham Blue, Norfolk Dapple, anti pasti
SEAFOOD: Seafood cocktail, mackerel pate, hot & crispy calamari, fishcakes, caper berries & lemon
CHEESE: Norfolk Dapple, Binham Blue, Brie, Celery, apple & mint chutney & grapes £3.75 £3.37

SALAD: Creamy potato, chargrilled veg & superfood salads, topped with your choice of:

- Chargrilled chicken,
- Chargrilled marinated halloumi
- Roasted salmon for an additional £3.75 £3.37

EVENING DISHES

SERVED FROM 5PM- 9PM

GRAZINGS	each £4.20	£3.78
CALAMARI, harissa & lime mayo		
CRISPY BEEF, sweet chilli relish, spring onion, sesame		
HUMMUS, SUN BLUSHED TOMATO & GARLIC FALAFEL, anti pasti		
PORK & FENNEL MEATBALLS, tomato ragu, Parmesan		
BANG BANG CAULIFLOWER, wild garlic mayo		
PEA, COURGETTE & MINT FRITTERS, AJ's red pesto dip		
SMOKED MACKEREL PATE, toasted gluten free bread, cucumber, caperberry		

MAIN COURSES

BYFORDS HOUSE CURRY: Medium spiced curry with Basmati rice, poppadom, mango & pineapple chutney, onion salad. Your choice of chicken, vegetable or king prawn	£16.50	£14.85
PAN FRIED SEA BREAM: Buttered asparagus, sauté potatoes, mussel, pea & lettuce fricassee	£15.75	£14.17
ROASTED DUCK BREAST: Crispy duck leg, crispy noodles, marinated summer vegetables, sesame, soy & lime dressing	£15.75	£14.17
KEDGEREE Cley smoked haddock, rice, prawns, mixed spiced cream, poached egg	£15.25	£13.72
THE BYFORDS SALAD PLATE: Creamy potato salad, marinated chargrilled vegetable & superfood salads, topped with your choice of either Chargrilled Chicken, Roasted Salmon fillet or marinated roasted Halloumi	£14.95	£13.45

DESSERTS

each £6.95 £6.25

WARM GLUTEN FREE BROWNIE
Raspberry sorbet, maple roasted nuts
LAURIE'S DAIRY FREE STICKY TOFFEE PUDDING
With maple syrup & vanilla gelato
PINA COLADA RICE PUDDING:
Coconut rice pudding, roasted pineapple, white rum
BYFORDS MESS:
Blueberry compote, meringue pieces, whipped cream & vanilla gelato

GELATO

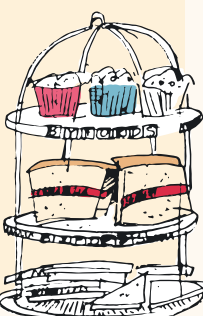
1 Scoop £2.50/£2.25 2 Scoops £4.50/£4.05 3 Scoops £5.95/£5.36
Choose from: Vanilla, Chocolate, Strawberry, Caramel, Banana, Raspberry sorbet, Orange Sorbet, Lemon Sorbet

Afternoon Tea Served 2.30pm - 5pm

Our afternoon tea features traditional finger sandwiches, scrumptious scones with clotted cream and jam, delicious cakes and a choice of tea or coffee (or if you're feeling indulgent add in a glass of fizz!)

Classic	Champagne
£18.50 for 1 £34.00 for 2	£27.00 for 1 £48.00 for 2

Available by booking only
24-hours notice



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