

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

BREAKFAST & BRUNCH

Available 8am-11.30am and until 3pm on Sunday

COOKED BREAKFAST:

£12.50 ~~£11.25~~

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, Heinz beans and hash brown

VEGGIE

Fried, poached or scrambled egg, vegetarian sausages, slow roast tomato, mushrooms, Heinz beans, hash brown

CLEY SMOKEHOUSE FISH AT BYFORDS:

Choice of regular tea, coffee, latte, cappuccino or hot chocolate (upgrade to large for £1), gluten free toast and one of following:

NORFOLK KIPPERS, lemon and parsley butter, slow roast tomato, lemon £12.50 ~~£11.25~~

SMOKED HADDOCK AND PRAWN KEDGEREE, poached egg £12.00 ~~£10.80~~

BACON SANDWICH Smoked back bacon triple decker sandwich, served in buttered gluten free bread £6.95 ~~£6.25~~

GLUTEN FREE TOAST, BUTTER AND JAM £2.95 ~~£2.66~~

EGGS BENEDICT Toasted gluten free bread, our own roasted ham, spinach and poached eggs £9.50 ~~£8.55~~

EGGS ARLINGTON Toasted gluten free bread, smoked salmon, spinach and poached eggs £9.50 ~~£8.55~~

SMASHED AVOCADO, with chilli, on gluten free toast with either poached or scrambled egg £7.25 ~~£6.52~~

FREE RANGE OMELETTES £7.25 ~~£6.53~~
Smoked Haddock • Smoked Salmon • Ham & Cheese • Mushroom, pepper, red onion, spinach

SANDWICHES *All served on gluten free bread*

PRAWN, cream cheese with lemon and dill, buttered gluten free bread and seasoned fries 9.25 £9.25 ~~£8.32~~

POSH CHEESE ON TOAST: our favourite local cheeses, Binham blue, Norfolk Dapple & Wells Alpine, served with onion marmalade & dressed salad £8.75 ~~£7.87~~

CHAR-GRILLED CHICKEN: sun blushed tomatoes, rocket, pesto, seasoned fries £9.25 ~~£8.32~~

BYFORDS CHEESE STEAK: sliced roast beef, hot swiss cheese, red peppers, red onions, served in a warm gluten free roll £9.50 ~~£8.55~~

Small £5.75 Passport £5.17

Soup Kitchen:

All our soups made fresh everyday day using the finest local ingredients possible

Large £6.75 Passport £6.08

MONDAY: Roasted tomato, garlic and basil	TUESDAY: Sweet potato & coconut	WEDNESDAY: Mushroom & tarragon	THURSDAY: Roasted red pepper, goats cheese & basil
FRIDAY: Spiced vegetable & bean minestrone	SATURDAY: Leek and potato	SUNDAY: Carrot and ginger	

GRAZING DISHES *A selection of dishes you can mix and match, ideal as a starter for one or for sharing between friends, though you might want to keep them all to yourself!*

PORK BELLY, roasted pork belly skewers, apple chutney, crackling £4.00 ~~£3.60~~

HOT & CRISPY CALAMARI, harissa & Lime mayo £4.00 ~~£3.60~~

CRISPY CHILLI BEEF, sweet chilli and coriander relish £4.00 ~~£3.60~~

SUNBLUSHED TOMATO & GARLIC HUMMUS, falafels £4.00 ~~£3.60~~

CHICKEN WINGS, Cumin, ginger, honey and lemon chicken wings £4.00 ~~£3.60~~

SHARING PLATTERS £9.25 ~~£8.32~~ for 1 £17.50 ~~£15.75~~ for 2

Our boards all come with gluten free toast

DELI: Sliced chorizo, Parma ham, Binham Blue, Norfolk Dapple, anti pasti

SEAFOOD: Smoked salmon, hot & crispy calamari, smoked mackerel pate, smoked haddock fishcakes, caper berries, lemon

CHEESE: Norfolk Dapple, Binham Blue, Baron Bigod Brie, served with grapes, celery, fruit cake

SALADS

BYFORDS HOUSE SALAD Served Plain Small £7.25 ~~£6.52~~ Large £12.25 ~~£11.02~~
Tomato, cucumber, shallot, carrots, sweet corn, radish, mixed leaves, roasted seeds & house dressing

On its own or for an additional £3.50 ~~£3.15~~ add:

Chargrilled chicken • or garlic prawns • or seared salmon • or crispy chilli beef

STEAK AND CHIPS Small £8.95 ~~£8.05~~ Large £14.65 ~~£13.18~~

Our most popular salad, seared prime steak strips, fried new potatoes, honey & mustard dressing, red onion marmalade & leaves

MAIN COURSES

COD, Roasted Cod fillet, sun blushed tomato mash, grilled pak choi, basil pesto £14.95 ~~£13.46~~

SEABASS, Pan Fried seabass fillet, herb crushed new potatoes, curly kale, mussel, tomato and herb dressing £14.95 ~~£13.46~~

PORK CHOP, oven baked pork chop, bubble & squeak cake, chargrilled cabbage, cider gravy £15.50 ~~£13.95~~

BYFORDS KEDGEREE: Delicately smoked Cley haddock, prawns, rice and poached egg £13.95 ~~£12.55~~

SWEET & SPICY ½ ROASTED CHICKEN: £16.25 ~~£14.85~~

Served with our sticky BBQ sauce, warm potato salad, rainbow slaw, chargrilled corn wheels. Roasted twice a day - when they're gone, they're gone!

HOUSE CURRY:

Vegetable V £15.25/~~£13.72~~ • Chicken £16.25/~~£14.62~~ • King prawn £16.25/~~£14.62~~

Medium hot curry, packed full of flavour, served with rice, poppadums, pineapple chutney & cucumber raita

DESSERTS

CHARLEY'S GLUTEN FREE STICKY TOFFEE PUDDING with maple syrup, vanilla gelato £6.75 ~~£6.08~~

GLUTEN FREE BAKED VANILLA CHEESECAKE fruit compote, vanilla gelato £6.75 ~~£6.08~~

LOW GLUTEN LEMON DRIZZLE CAKE, lemon sorbet £6.75 ~~£6.08~~

WARM LOW GLUTEN CHOCOLATE BROWNIE, vanilla gelato & strawberries £6.75 ~~£6.08~~

GELATO SUNDAES

BYFORDS MESS £7.25 ~~£6.52~~
Poached seasonal fruit compote, whipped cream, meringue, vanilla gelato

BANOFFEE SUNDAE: £7.25 ~~£6.52~~

Caramel & Banana Gelato, fresh banana, proper condensed milk toffee, lashings of whipped cream and dark chocolate shavings

MILLIONAIRES SHORTBREAD SUNDAE: £7.25 ~~£6.52~~

Caramel gelato, millionaires shortbread pieces, caramel sauce, whipped cream and chocolate shavings

GELATO

1 scoop £2.50/~~£2.25~~ • 2 scoops £4.50/~~£4.05~~ • 3 scoops £5.95/~~£5.36~~

Choose from: Vanilla, Chocolate, Strawberry, Banana, Caramel, Raspberry sorbet, Lemon sorbet, Orange sorbet

MAKE YOUR OWN GELATO SUNDAES

Gelato: Choose from selection above per scoop £2.50 ~~£2.25~~

Cake bits: Millionaires Shortbread, Meringue,

Gluten free brownie pieces each £1.25 ~~£1.13~~

Sauce: Chocolate syrup, Caramel sauce, Condensed milk toffee, Maple syrup each 75p ~~65p~~

Fruit bits: Poached seasonal fruits, Banana,

Fresh fruit salad each £1.25 ~~£1.13~~

WINE

Many of our wines are available in 175ml, 250ml, 500ml carafe and by the 750ml bottle. The larger size looks a bit pricey but please bear in mind this is a third of a bottle of wine! All wines are also available in 125ml measures upon request.

10% PASSPORT DISCOUNT APPLICABLE FOR ALL LISTED DRINKS PRICES

WHITE WINE

DRY, CRISP, FRESH

"Le Havre" Côtes de Gascogne France, Zesty · Refreshing · Grapefruit	£4.95	£7.00	£14.50	£19.00
Pinot Grigio, "San Antonio" Italy Crisp · Pear · Melon	£5.25	£7.00	£15.00	£20.00
Sauvignon Blanc "San Perito" Chile Fresh · Clean · Tropical	£5.50	£7.50	£16.00	£21.00

AROMATIC & HERBACEOUS

Picpoul de Pinet "Grange des Roc's" France Lemon · Lime · Herbal	£6.75	£8.75	£18.00	£25.00
Verdejo "Pagus Nova" Rueda, Arboleda Spain Floral · Peach · Tangerine	£6.50	£8.50	£17.50	£24.00
Sauvignon Blanc "Live Wire" New Zealand Kiwi · Tropical · Citrus	£7.25	£9.75	£20.00	£28.00

FULL FLAVOURED, FRUITY & BIG

Chenin Blanc, William Robertson South Africa Passionfruit · Melon · Honeysuckle	£5.75	£8.00	£16.50	£22.00
Chardonnay Mr Goose Esq Australia Citrus · Pear · Melon	£6.25	£8.25	£17.00	£23.00
Viognier, Quara Estate Argentina Peach · Apricot · Zesty	£6.75	£9.25	£19.00	£26.00

ROSÉ WINE

Shiraz Rosado "Tres Altas" Spain Fresh · Juicy · Strawberries	£5.25	£7.00	£14.50	£20.00
Blush Zinfandel "Twisted House" USA Vanilla · Raspberry · Strawberry	£5.75	£7.50	£15.50	£22.00
Coteaux Aix-En-Provence Rosé Domaine Valfont France Raspberry · Lemon · Orange Zest	£6.75	£8.50	£17.50	£25.00

RED WINE

LIGHTER, JUICY, FRUITY

Garnacha "Monte Oton" Spain Cherries · Bramble · Soft	£4.95	£7.00	£14.50	£19.00
Pinot Noir, "Riviera" France Raspberry · Redcurrant · Cherries	£6.25	£8.25	£17.00	£23.00
Merlot "Karu" Chile Black Cherry · Plum · Juicy	£6.50	£8.50	£17.50	£24.00

FULLER, WARMING & ROUNDED

Shiraz Bushranger Australia Blackberry · Pepper · Spice	£5.25	£7.25	£15.00	£20.00
Rioja, Navajas Spain Raspberry · Black Cherries · Smokey	£6.75	£9.25	£19.00	£26.00
Malbec Reserva Trueno, Los Horaldos Argentina Violet · Black fruit · Vanilla	£7.25	£9.75	£20.00	£28.00

SPICY, INTENSE, CONCENTRATED

Appassimento Rosso IGT Puglia Italy Rich · Dried Plums · Smooth	£5.50	£7.75	£16.00	£21.00
Douro Red "Next Station" Vidigal Portugal Blackcurrant · Chocolate · Moorish	£5.75	£8.00	£16.50	£22.00
Cotes du Rhone "Clavel Regulus" France Red Fruit · Spice · Cocoa	£7.50	£9.95	£20.00	£30.00

SPARKLING WINES

Prosecco Spumanté "La Scarpetta" Italy Light · Pear · Apple	125ml	bottle	£6.00	£26.00
Organic Rosato Spumanté "Fiori di Bosco" Italy Fresh · Raspberry · Cherries	125ml	bottle	£6.50	£30.00
Ayala Brut Majeur France Baby Bollinger · Finesse · Complex	125ml	bottle	£45.00	
Taittinger Brut Reserve France Acacia · Citrus · Honeyed	125ml	bottle	£55.00	

DESSERT WINE

Muscat Late Harvest, Tabali, Limari Valley, Chile	100ml	bottle	£5.95	£24.95
Chapelle de Lafaurie Peyraguey Bordeaux, France	100ml	bottle	£7.25	£28.00

PORT & SHERRY

Dona Matilde Finest Reserve Port	50ml	100ml	£5.15	£5.15
Dona Matilde Colheita Port	50ml	100ml	£3.95	£3.95

COGNAC

Martell VS	single	double	£3.25	£5.95
Martell VSOP	single	double	£3.95	£7.25

BEER & CIDER Bottled

Becks Drive (below 0.05%)	£4.25
Corona 4.5%	£4.25
Peroni 5.1%	£4.75
Wherry 3.8%	£4.75
Adnams Suffolk Bitter 4.1%	£4.75
Yetman's Bitter 4.2%	£4.75
Aspall's Suffolk Cyder 5.5%	£4.75
Rekorderlig Cider	£5.75

PLEASE SEE OUR DRINKS SPECIALS MENU FOR MORE EXCITING BEVERAGES!

Juice and Soft Drinks

Fresh orange juice	£3.15	£2.83
St Clement's:	£3.50	£3.15
Fresh orange juice with a hint of lemon and sugar syrup		
Real lemonade:	£3.00	£2.70
Cucumber lemonade:	£3.00	£2.70
Real lemonade, bitter lemon, cucumber slices		
Fresh apple juice	£2.75	£2.47
Cranberry juice	£2.25	£2.02
Byfords' fusion:	£3.50	£3.15
<i>Fresh orange juice mixed with cranberry juice & dash of elderflower</i>		
Pepsi, Diet Pepsi, lemonade	£3.00	£2.70
Ginger beer	£3.50	£3.15

Byfords Homemade

Cordials

All served on ice with a slice and sparkling water
 £3.25 **£2.92** With Prosecco £5.95 **£5.35**
 Fruits of the forest · Orange and Passion fruit or Elderflower

MINERAL WATER Still or sparkling
 330ml £2.50 **£2.25**, 750ml £3.75 **£3.37**

GELATO SHAKES

£4.00 **£3.60**
 We make our own gelato, Italian style ice cream, and blend with chilled milk to provide the following flavours:
 Vanilla, Chocolate, Strawberry, Caramel
 With cream and marshmallows £4.75 **£4.27**

Tea & Coffee

LOOSE TEA for 1 £3.00 **£2.70**, for 2 £4.75 **£4.28**

House Tea · Assam · Decaf House Tea
 Early Grey · Gunpowder Green Tea

LOOSE HERBAL & FRUIT TEA

for 1 £3.25 **£2.92**, for 2 £4.95 **£4.45**
 Green rooibos, vanilla & lemongrass
 Rooibos herbal infusion · Camomile herb
 Peppermint · Mixed red berry tisane
 Kiwi & strawberry · Darjeeling

COFFEE Our coffees are available as decaffeinated. Full fat milk used as standard. Please ask if you would like skimmed, soya or almond milk.

	Regular	Huge
Regular coffee	£2.50 £2.25	£3.35 £3.01
Latte	£3.05 £2.75	£3.85 £3.46
Flat white	£3.20 £2.88	
Espresso	£2.00 £1.80	£3.05 £2.75
Cappuccino	£3.05 £2.75	£3.85 £3.46
Mocha/white mocha	£3.35 £3.01	£4.05 £3.64
...with cream & flake		£4.80 £4.32
Cafetière	£3.05 £2.75	£5.00 £4.50
Syrups:		each 90p 81p
Hazelnut, vanilla, caramel, or gingerbread		

HOT CHOCOLATE

With cream	£4.00 £3.60
With cream and marshmallows	£4.50 £4.05
With cream and flake	£4.50 £4.05
With cream, flake and marshmallows	£5.00 £4.50

WHITE CHOCOLATE

With cream	£4.00 £3.60
With cream and marshmallows	£4.50 £4.05
With cream and flake	£4.50 £4.05
With cream, flake and marshmallows	£5.00 £4.50

BYFORDS HOUSE BLENDS

£4.75 each · **£4.27 each**

