

Byfords 3-2-1 dinner menu
Allergens

Grazers

Goat's cheese, spinach & filo sigara £6.95 | £6.26

With hot honey, pickled chilli & toasted sesame

Ingredients: Goat's cheese, cream cheese, filo pastry, spinach, chilli, sweet chilli sauce,

Allergens: Milk, gluten, soy (fried in soy oil)

Lamb, mint & red onion croquettes £7.25 | £6.53

Rosemary & tzatziki

Ingredients: Lamb leg and mince, red onion, white onion, rosemary, thyme, goat's cheese, butter, plain flour, panko breadcrumbs, eggs, Greek yoghurt, cucumber, dried rosemary, fresh rosemary, garlic, salt pepper

Allergens: Gluten, milk, soy (fried in soy oil), egg

Rustic potted pork £6.75 | £6.08

Wholegrain mustard, homemade pickles, toasted sourdough

Ingredients: Pork belly, wholegrain mustard, salt, pepper, sage, apple sauce, white wine vinegar, sugar, cucumber, flour

Allergens: Mustard, sulphites, gluten

Hot & crispy calamari £6.25 | £5.63

Harissa & lime mayo

Ingredients: squid tubes, gluten-free flour, salt, pepper, cayenne pepper, Cajun powder, rose harissa pate, lime, mayonnaise

Allergens: Fish, soya, fried in soy oil

Cod fish fingers £6.25 | £5.63

Tartare sauce & lemon

Ingredients: fresh cod, flour, lager, mayonnaise, capers, parsley, lemon, salt, pepper

Allergens: Gluten, fish, soya, fried in soy oil

Crispy beef £6.25 | £5.63

Sweet chilli relish, spring onion & sesame

Ingredients: beef, sweet chilli sauce, fresh chillies, spring onion, black sesame seeds, white sesame seeds, gluten-free flour, cornflour, Cajun blackening spice, paprika

Allergens: Sesame, seeds, soya, fried in soy oil

Smoked mackerel pate £6.25 | £5.63

Focaccia, cucumber & caperberry

Ingredients: smoked mackerel, cream cheese, lemon, parsley, salt, pepper, flour, pomace oil, soy oil, rosemary, fresh yeast, cucumber, caperberry, vinegar

Allergens: Gluten, fish, milk, sulphites

Ham hock & parsley scotch egg £6.00 | £5.40

Garlic mayo

Ingredients: pork sausage meat (containing gluten) ham hock, caper, parsley, egg, flour, breadcrumbs, mayonnaise (containing mustard), parsley, garlic, salt, pepper

Allergens: Gluten, eggs, mustard, soya, fried in soy oil, sulphites

Tear & share basil, garlic & thyme bread £6.95 | £6.26

Homemade herb butter, oil & balsamic

Ingredients: Bread: Bread flour, yoghurt, eggs, yeast, sugar, salt, garlic, basil, thyme. Herb Butter: Butter, basil, parsley, chive, balsamic vinegar, pomace oil

Allergens: Dairy, eggs, gluten, sulphites

Platters

Store platter £15.00

Chorizo, parma ham, warm scotch egg, Binham Blue, Norfolk Dapple, antipasti

Ingredients: Binham Blue, Norfolk dapple, chorizo, Parma ham, black olives, green olives, balsamic vinegar, onion, sundried tomato, rosemary, garlic, flour, pomace oil, soy oil, rosemary, fresh yeast, Pork sausage meat (containing gluten) ham hock, caper, parsley, egg, flour, breadcrumbs, mayonnaise, parsley, garlic, salt, pepper

Allergens: Gluten, eggs, milk, mustard, soya, scotch egg fried in soy oil, sulphites

Seafood platter £17.00

Crispy calamari, fish fingers, seafood cocktail, smoked mackerel pate, tartare sauce

Ingredients: fresh cod, flour, lager, mayonnaise, capers, parsley, lemon, salt, pepper, calamari, smoked salmon, king prawn, Smoked mackerel, cream cheese, salt, pepper, flour, pomace oil,

soy oil, rosemary, fresh yeast, cucumber, caperberry, vinegar, mayonnaise, ketchup, garlic, cayenne pepper, Cajun spice

Allergens: Gluten, eggs, fish, milk, soya, hot items fried in soy oil, sulphites

Cheese platter £15.00

Norfolk Dapple, Binham Blue, Copys Cloud, celery, chutney, crackers, grapes

Ingredients: Norfolk Dapple, Binham Blue, brie, grapes, celery, apple & mint chutney (apple, mint, vinegar, sugar, raisins) crackers, focaccia, flour, yeast, pomace oil, soy oil, rosemary, salt

Allergens: Celery, gluten, milk, sulphites

Sides

Dressed house salad £4.50 | £4.15

Ingredients: mixed leaves, carrot, tomato, cucumber, red onion, mustard, white wine vinegar, orange juice, honey, pomace oil

Allergens: Celery, mustard, soya, sulphites

Crispy red onion rings £4.25 | £3.83

Ingredients: red onion, flour, lager, salt, pepper

Allergens: Gluten, soya

Spicy carrot slaw £4.25 | £3.83

Ingredients: cabbage, carrot, red onion, mayonnaise, salt, pepper

Allergens: Eggs, mayonnaise may have traces of nuts and mustard

Skin-on fries £4.25 | £3.83

Ingredients: skin-on potatoes, soy oil, salt

Allergens: Soya, fried in soy oil

Proper Chunky Chips £4.50 | £4.15

Ingredients: potato, salt

Allergens: Soya, fried in soy oil

Mains

Mushroom, blue cheese & spinach pie £21.50 | £19.45

Garlic & rosemary “mushroom” potatoes, Romanesco, peas & Tenderstem tips, black truffle oil

Ingredients: Gluten-free flour, xanthan gum, butter, egg, onion, blue cheese, mushroom spinach, romanesco, Tenderstem broccoli, black truffle, new potatoes, salt, pepper,

Allergens: Milk, egg

Pan-fried seabass £23.00 | £20.70

Smoked prawn, chorizo & red pepper paella.

Ingredients: Seabass, smoked shell on prawns, chorizo, olive oil, white onions, smoked paprika, short grain rice, white wine, lemon, garlic, red peppers, king prawns, spinach

Allergens: Fish, shellfish (crustacea), sulphites, milk

Seven-day honey-marinated pork chop £21.00 | £18.90

Smoked paprika hasselback potatoes, chargrilled corn, BBQ beer sauce.

Ingredients: Pork Chop, honey, sage, salt, pepper, brown sugar, smoked paprika, thyme, cayenne pepper, new potatoes, smoked paprika, olive oil, garlic, corn on the cob, onion, soy oil, gluten-free beer, ketchup, cider vinegar, brown sugar, garlic powder, salt, pepper, cayenne pepper, bayleaf

Allergens: Soy, Gluten

The “Messy Mackenzie” Burger £21.00 | £18.90

Double-stacked beef burgers, with homemade burger sauce, cheese, pickles, bacon, all the trimmings, in a homemade sesame roll, seasoned fries, onion rings, blue cheese & chive slaw.

Ingredients: Beef mince, pork mince, tomato puree, garlic powder, salt, pepper, onion powder, mayonnaise, ketchup, American mustard, diced pickle, burger cheese slices, bacon, mixed leaf, tomato, potato fries, bread flour, sesame seeds, yoghurt, egg yolk, yeast, sugar, salt, onion, gluten-free flour, garlic powder, white wine vinegar, onion powder, carrot, onion, cabbage, spring onions, red onions, stilton, mayonnaise, chives, salt, pepper

Allergens: Gluten, mustard, milk, sesame, egg, sulphites

Miso salmon & sticky rice bowl £21.50 | £19.35

Sesame leeks, spring onion, soy beans, pickled ginger, teriyaki sauce

Ingredients: Salmon, jasmine rice, leeks, sesame oil, sesame seeds, soy beans, ginger, salt, sugar, teriyaki sauce, pea shoots, radishes,

Allergens: Fish, sesame, seeds, soy.

Vegetable Curry £18.75 | £16.87

Ingredients: white rice, coconut cream, onion, red, green, and yellow pepper, courgette, flour, yoghurt, mixed herbs, yeast, egg, pineapple, cucumber, brown sugar, mint, cumin, coriander seed, turmeric, black pepper, ginger, garlic, cornflour, tinned tomatoes, salt, spinach

Allergens: Gluten in Naan, egg, milk

Chicken Curry £19.50 | £17.55

Ingredients: white rice, coconut cream, onion, red/green/yellow pepper, courgette, flour, yoghurt, mixed herbs, yeast, egg, pineapple, cucumber, brown sugar, mint, cumin, coriander seed, turmeric, black pepper, ginger, garlic, cornflour, tinned tomatoes, salt, chicken

Allergens: Gluten in Naan, egg, milk

King Prawn Curry £19.50 | £17.55

Ingredients: white rice, coconut cream, onion, red green & yellow pepper, courgette, flour, yoghurt, mixed herbs, yeast, egg, pineapple, cucumber, brown sugar, mint, cumin, coriander seed, turmeric, black pepper, ginger, garlic, cornflour, tinned tomatoes, salt, king prawns

Allergens: Crustacea, fish, gluten in Naan, egg, milk

The Byfords Salad Plate £18.50 | £16.65

Creamy potato salad, marinated chargrilled vegetable & superfood salads, topped with your choice of either chargrilled chicken, roasted salmon fillet, or marinated roasted halloumi

Ingredients: couscous, sweet potato, lime, chili, 5 bean salad, avocados, kale, quinoa, smoked paprika, pumpkin seed, sunflower seeds, white sesame seeds, spring onion, red onion, potato, chives, gherkins, mayonnaise, sour cream, mixed peppers, aubergine, courgette, basil, garlic, pine nuts, parmesan, sun-blushed tomatoes. Depending on topping; chicken, halloumi or salmon

Allergens: Celery, eggs, milk, mustard, sesame, sunflower seeds, sesame seeds, pumpkin seeds, soya, sulphites. Chicken topping: Contains milk, dairy. Salmon topping: Ingredients: fish, dairy. Haloumi topping: Contains milk, dairy

Peppered seitan & mushroom pie £19.50 | £17.55

Buttered spring vegetables, carrot purée, wild mushroom & sage gravy

Ingredients: Flour, vegan butter, water, seitan protein flour, garlic powder, nutritional yeast, onion powder, water, pearl onions, mushrooms, garlic, gravy powder, vegan cream, salt, pepper, thyme, leek, spring onion, carrot, wild mushrooms, sage

Allergens: Gluten

The Byfords steak & chip salad £19.75 | £17.78

Our house salad mixed with fried new potatoes & onion marmalade, mixed with honey mustard dressing and topped with slices of seared rump steak. Cooked to your liking.

Ingredients: Mixed leaf, rump steak, new potatoes (fried in soy oil) cucumber, cherry tomatoes, carrot, red onion, mustard, white wine vinegar, pomace oil, salt, pepper. Marmalade: Red onion, white wine vinegar, brown sugar, garlic

Allergens: Soy, Mustard, sulphites

Stone Baked Pizzas

Simple Pizza £14.00 | £12.60

Slow-cooked tomato ragu, mozzarella, cheddar cheese

Ingredients: bread flour, yeast, soy oil, sugar, salt, tinned tomatoes, garlic, onion, brown sugar, balsamic vinegar, mixed Italian herbs, mozzarella, cheddar

Allergens: Gluten, milk, sulphites

Italian Chicken Pizza £16.25 | £14.63

Chicken, parma ham, olives, spinach, mozzarella

Ingredients: bread flour, yeast, soy oil, sugar, salt, tinned tomatoes, garlic, onion, brown sugar, balsamic vinegar, mixed Italian herbs, mozzarella, cheddar, chicken, Parma ham, black olives, spinach

Allergens: Gluten, milk, sulphites

Hot £16.25 | £14.63

Chorizo, shredded buffalo wings, fresh chillis, blue cheese dip

Ingredients: bread flour, yeast, soy oil, sugar, salt, tinned tomatoes, garlic, onion, brown sugar, balsamic vinegar, mixed Italian herbs, mozzarella, cheddar, blue cheese, yoghurt, mayonnaise,

sriracha, chorizo, pepperoni, red chilli, green chilli, chicken, hot sauce

Allergens: Gluten, milk, sulphites

Farmhouse Pizza £16.25 | £14.63

Bacon, sausage, baked beans, black pudding, mushroom, mozzarella topped with a fried egg

Ingredients: bread flour, yeast, soy oil, sugar, salt, tinned tomatoes, garlic, onion, brown sugar, balsamic vinegar, mixed Italian herbs, mozzarella, cheddar, bacon, sausage, baked beans, black pudding, egg

Allergens: Gluten, eggs, milk, sulphites

Goats Cheese Pizza £16.25 | £14.63

Crumbled goats cheese, chargrilled med veg, rocket, onion marmalade, mozzarella, toasted pine nuts

Ingredients: bread flour, yeast, soy oil, sugar, salt, tinned tomatoes, garlic, onion, brown sugar, balsamic vinegar, mixed Italian herbs, mozzarella, cheddar, goat cheese, rocket, pine nuts, aubergine, courgette, red pepper, green pepper, yellow pepper, red onion, brown sugar

Allergens: Gluten, milk, sulphites, seeds, nuts (pine nuts)

Spicy pepperoni £16.25 | £14.63

Pepperoni, burrata, crispy shallot & hot honey pizza

Ingredients: Flour, yeast, oil, salt, sugar, brown sugar, tinned tomatoes, onion, garlic, thyme, balsamic vinegar, rosemary, basil, cheddar, mozzarella, pepperoni, hot honey, burrata, shallots, semolina

Allergens: Gluten, milk, soy, sulphites

Desserts

Blackberry & apple crumble £9.00 | £8.10

With your choice of vanilla gelato or proper custard

Ingredients: Gluten-free flour, gluten-free oats, butter, milk, vanilla, sugar, apple, blackberry,

Allergens: Milk

Chocolate & orange frangipane slice £9.00 | £8.10

Orange curd, chocolate cream, crushed pistachio

Ingredients: Butter, sugar, eggs, baking powder, almond essence, ground almonds, cocoa powder, plain flour, orange extract, orange zest, icing sugar, egg yolk, flaked almonds, cream, chocolate, marmalade, orange juice, agar agar, Pistachio,

Allergens: Nuts (almonds and pistachio) milk, gluten, soy

Bakewell sundae £9.00 | £8.10

Bakewell gelato, bakewell pieces, custard, jam, whipped cream & a cherry on top

Ingredients: Bakewell gelato, milk, custard powder, cream, sugar, flour, egg, ground almonds, butter, kirsch-soaked cherries, cherry jam

Allergens: Milk, nuts (almond) gluten, egg

Homemade cherry pie £9.00 | £8.10

Served with vanilla gelato

Ingredients: flour, butter, egg, sugar, cherries, milk, arrowroot, cherry delipaste

Vanilla gelato: whole milk, double cream, caster sugar, dextrose powder, neutron sp, semi-skimmed milk powder

Allergens: Milk, egg, gluten

Toffee & Pecan Cheesecake £9.00 | £8.10

Served with caramel gelato and candied pecans

Ingredients: cream cheese, digestive biscuit, butter, pecans, brown sugar, maple syrup, leaf gelatine, cream, milk

Allergens: Gluten, eggs, milk, nuts, pecan

Double Chocolate Cheesecake £9.00 | £8.10

Served with chocolate sauce and chocolate gelato

Ingredients: cream cheese, digestive biscuit, butter, dark chocolate, cream, sugar, milk

Allergens: Gluten, eggs, milk

Byfords classic banoffee sundae £8.50 | £7.65

Banana, shortbread pieces, caramel & banana gelato, whipped cream

Ingredients: banana, flour, sugar, butter, brown sugar, cream, milk, banana flavouring, caramel

flavouring

Allergens: Gluten, milk

Byfords Mess £7.50

Blueberry compote, meringue pieces, whipped cream, vanilla gelato

Ingredients: egg, sugar, cream, milk, vanilla, blueberries, lemon, cornflour, vanilla

Allergens: Eggs, milk