



**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, £10.95 **£9.45**  
tomato & spring onion- baked with free range eggs and topped with cheese.

**CLEY SMOKED KIPPER:** Cley's finest on the coast with £12.75 **£11.48**  
slow roast tomato, lemon, parsley & gluten free toast

**KEDGEREE:** Cley smoked haddock & prawn kedgerree, £10.50 **£9.45**  
spinach, rice, free range poached egg, gluten free toast

**BACON, SAUSAGE (OR BOTH) SARNIE** £6.95 **£6.26**  
served on double stacked gluten free bread

**BYFORDS BREAKFAST BOWL:** Greek yoghurt, maple £5.25 **£4.73**  
toasted coconut & nuts, drizzled with honey and your choice of blueberry or apple & cinnamon compote

**SCRAMBLED EGG** with Bacon or Smoked salmon, £7.95 **£7.36**  
on gluten free toast

## 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 5PM- 9PM

**GRAZINGS** each £4.30 **£3.87**

**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

**SALTY SMOKED CHICKEN WINGS,** sour cream, avocado & lime dip

**CRISPY COCONUT PRAWNS,** ginger & chilli dip

**SMOKED MACKEREL PATE,** toasted gluten free bread, cucumber, caperberry

## MAIN COURSES

**BYFORDS HOUSE CURRY:** Medium spiced curry £16.50 **£14.85**  
with Basmati rice, poppadom, mango & pineapple chutney, onion salad.  
Your choice of chicken, vegetable or king prawn

**PAN FRIED SEABREAM FILLET,** Lemon & olive oil crushed £16.25 **£14.83**  
potatoes, wilted greens, caper prawn & herb brown butter

**CHICKEN SUPREME,** Chorizo & chickpea stew, £16.75 **£15.08**  
charred tenderstem, herb oil

**CRISPY PORK BELLY,** Wholegrain mustard mash, £16.50 **£14.85**  
red cabbage, bacon jam, ale gravy

**KEDGEREE** Cley smoked haddock, rice, prawns, £15.25 **£13.72**  
mixed spiced cream, poached egg

**THE BYFORDS SALAD PLATE:** Creamy potato salad, £14.95 **£13.45**  
marinated chargrilled vegetable & superfood salads, topped with your choice of either Chargrilled Chicken, Roasted Salmon fillet or marinated roasted Halloumi

**BYFORDS MOULES FRITES,** Fresh mussels, cooked in white £15.50 **£13.95**  
wine, shallots & oat cream, served with gluten free toast & seasoned fries

## 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

**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**  
£18.50 for 1 | **£34.00 for 2**

**Champagne**  
£27.00 for 1 | **£48.00 for 2**

Available  
by booking  
only  
24-hours notice



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