



**BYFORDS**

## Low Gluten Menu

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

3 - 2 - 1  
SPECIAL  
SERVED FROM 5PM

3 COURSES + DRINK £31.00\*  
2 COURSES + DRINK £27.50\*  
1 DRINK INCLUDED

1 GRAZING + 1 MAIN (INCLUDING PIZZA)  
+ 1 DESSERT + 175ML HOUSE WHITE/RED/ROSE  
OR SCHOONER OF LAGER/CIDER/IPA/AMBER ALE  
OR A PEPSI, DIET PEPSI OR LEMONADE  
\*No additional Passport discount

Brunch available 8am- 2:30pm • 7 days a week

**Cooked breakfasts** £14.75 / £13.28  
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

**Byfords breakfast hash:** fried potato, chorizo, tomato & spring onion- baked with free range eggs and topped with cheese. £12.50 / £11.25

**Kippers:** Traditionally smoked kippers, served with roast tomato, lemon wedge, parsley & gluten free toast £13.25 / £11.93

**Free range eggs, on toasted gluten free bread** £10:00 / £9:00

**Benedict:** our roast ham, wilted spinach, poached eggs & herbed hollandaise

**Arlington:** smoked salmon, spinach, poached eggs & herbed hollandaise

**Smashed avocado:** chilli jam, scrambled eggs, herb roasted tomatoes, mixed seeds, coriander

**Kedgeree:** smoked haddock & prawn kedgeree, spinach, rice, free range poached egg, gluten free toast £13.25 / £11.93

**Byfords breakfast bowl:** help yourself to fresh Fruit, Greek yoghurt, compote and granola from our counter £6.50 / £5.85

Sandwiches on gluten free bread – served 11am-5pm

**Posh cheese on toast:** £10.95 / £10.86  
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** £11.75 / £10.58  
Sliced roast beef, roasted red peppers and red onions, hot swiss cheese, served with spicy carrot slaw & seasoned fries

Soup Kitchen Served from 11am until its gone!

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:** £7.50 / £6.75  
**Soup & half sandwich:** £11.50 / £10.35  
**Soup & full sandwich:** £14.75 / £13.28

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

Sharing Platters Served from 12-9pm • £12.00 / £10.80 for 1, £22.50 / £20.25 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

**Salad:** £16.95 / £15.23  
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

Grazing

**Mixed anti pasti,** green & black olives, sundried tomatoes & Balsamic pickled onions £4.75 / £4.05

**Calamari,** harissa & lime mayo £5.00 / £4.50

**Crispy beef,** sweet chilli relish, spring onion, sesame £5.25 / £4.73

**Crispy Duck Bon Bons,** cucumber, sticky teriyaki, sesame £5.75 / £5.00

**Ham hock scotch egg,** garlic mayo £5.00 / £4.50

Main Courses

**Byfords house curry:** medium spiced curry with basmati rice, poppadom, mango & pineapple chutney, onion salad. Your choice of:

**Chicken** £18.25 / £16.43, **Vegetable** £17.50 / £15.75 or **king prawn** £18.25 / £16.43

**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 £16.95 / £15.26

**Chicken & bacon pie,** herb mashed potatoes, glazed winter vegetables & proper gravy £17.95 / £16.16

**Slow cooked brisket of Beef,** smoked potato puree, roasted root vegetables, wild mushroom & thyme gravy £18.25 / £16.43

**Norfolk Dapple, celeriac & leek pie,** topped with a sage & onion crumble top, charred broccoli, herb roasted potatoes & burnt shallot & basil dressing £17.95 / £16.16

**Our classic Kedgeree,** smoked haddock, spiced cream, rice, prawns & spinach, topped with a poached egg & fresh chives £18.25 / £16.43

**Steamed mussels,** in a creamy garlic & herb sauce, with seasoned fries & toasted gluten free bread £18.25 / £16.43

Sides

**Dressed house salad** £4.25 / £3.83  
**Spicy carrot slaw** £4.25 / £3.83  
**Skin-on fries** £4.25 / £3.83  
**Honey roast root vegetables** £4.95 / £4.45  
**Sweet potato fries** £4.50 / £4.05

Desserts each £8.50 / £7.65

**Warm gluten free brownie,** raspberry sorbet, maple roasted nuts

**Byfords mess:** blueberry compote, meringue pieces, whipped cream, vanilla gelato

**St elements & cranberry sponge pudding,** vanilla gelato

**Millionaires sundae,** millionaires shortbread, caramel gelato, whipped cream & chocolate & toffee sauce

**Chocolate & cherry fudge torte,** vanilla gelato

**Winter pavlova,** fresh fig and blackberry, honeycomb, cinnamon cream candied walnuts and mulled wine syrup

Gelato

1 Scoop £2.50 / £2.25 2 Scoops £4.75 / £4.28 3 Scoops £5.95 / £5.36  
Choose from: **Vanilla, Chocolate, Strawberry, Caramel, Banana, Raspberry sorbet, Orange Sorbet, Lemon Sorbet**

Afternoon Tea Served 2.00pm - 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** £22.75 per person  
£20.48 per person  
**Champagne** £32.75 per person  
£29.48 per person

Available by booking only  
24-hours notice

