



AYLSHAM • DEREHAM • DISS
FAKENHAM • FRITTON • GORLESTON
NORWICH • POTTER HEIGHAM



WWW.FLOURANDBEAN.COM
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BREAKFAST

Fab Full Breakfast **15.25**

The full works, two butchers sausages & back bacon, mushrooms, griddled tomato, beans, hash brown, scrambled egg, buttered toast.

Breakfast Baguette (Vegan available) **9.45**

A hot filled baguette with butchers sausage & bacon, mushrooms, onion, tomato & cheese.

Champagne Breakfast **25.75**

The fab full works breakfast with a glass of Champagne & a choice of juice or a hot drink!

Veggie Full English (Vegan available) **12.55**

Two Vegan sausages, beans, mushrooms, griddled tomato, fried egg, 2 hashbrowns & buttered toast.

Breakfast Focaccia **9.45**

Butchers sausage, back bacon, hash browns & cheese in a warm focaccia.

Pancakes with Bacon & Maple Syrup **10.50**

Fluffy buttermilk pancakes, 2 slices of butchers back bacon with butter & lashings of maple syrup.

Pancakes, berries, yoghurt & syrup **10.50**

Fluffy buttermilk pancakes with berries, yoghurt & lashings of maple syrup.

Scrambled Eggs on Toast **VEG 9.35**

Buttery scrambled egg, on top of thick cut white toast.

Add Bacon **1.50**

Cheese, Tom. & Mushroom Panini **VEG 8.95**

Hot filled baguette loaded with cheese, tomato & griddled mushrooms (Can be Vegan).

KIDS BREAKFAST

Traditional Breakfast **6.75**

One butchers sausage & back bacon rasher, served with beans, toast & potato puffs.

Small Bacon/Sausage Roll **4.95**

Egg on Toast **4.20**

Pancakes & Nutella **6.50**

Fluffy buttermilk pancakes, with a serving of Nutella to smother on top.

JACKET POTATOES

served with a dressed side salad

Tuna Mayo **8.75**

Prawn Cocktail **9.25**

Beef Chilli & Cheese **9.75**

Cheese & Beans/ Coleslaw **8.75**

SALADS

Caesar Salad **11.55**

Crisp Romaine lettuce smothered in Caesar dressing, with crunchy croûtons & shavings of parmesan cheese.

Caesar with Chicken & Bacon **14.15**

Crisp Romaine lettuce smothered in Caesar dressing, with crunchy croûtons, shavings of parmesan cheese, Griddled chicken breast & crispy bacon.

Cheese & Gammon Ham Ploughman's **13.15**

Crisp lettuce, tomato & cucumber with cheddar & ham, onion chutney, pickled onion, gherkin & sourdough bread with butter.

Soup of the Day with Cheese Toastie **11.55**

House made soup of the day, served with a oozy cheddar cheese toasty for dipping.

LOADED FRIES

Crispy Chicken, Bacon,
Cheese & BBQ Sauce **11.95**

BBQ Pulled Pork, Cheese & Red Onion **12.95**

Beef Chilli & Cheese **12.95**

Nacho Cheese Sauce, Salsa & Guac' **11.95**

FAB BURGERS

Brioche Bun with Chips & Coleslaw

Beef Burger with Bacon & Cheese **18.35**

6oz beef burger, with butchers back bacon, melted cheese in a brioche bun served with chips & coleslaw.

Brunch Burger **17.85**

6oz beef burger, topped with butchers back bacon, fried egg & hash brown in a brioche bun served with chips & coleslaw.

BBQ Burger (Beef or Chicken) **18.35**

6oz beef burger, or buttermilk chicken burger, melted cheese, butchers back bacon, onion rings & BBQ sauce in a brioche bun, served with chips & coleslaw.

BBQ Pulled Pork Burger **18.90**

6oz beef burger, smothered in slow cooked BBQ pulled pork in a brioche bun served with chips & coleslaw.

Chicken Burger with Cheese **17.35**

Buttermilk chicken burger, covered in melted cheese in a brioche bun, served with chips & coleslaw.

Veggie Lentil Burger (Vegan available) **16.30**

Delicious vegetable & lentil burger with melted cheese in a brioche bap, served with chips & coleslaw.

ALLERGENS AWARE

Allergens aware Please advise your server about any allergy or intolerances.
We can cater for dietary requirements—please ask your server for information.
Allergen and ingredient information in any item in this menu can be detailed
Menu subject to availability



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SOURDOUGH TOASTIES

with Chips & Coleslaw

Ham & Cheese 11.55

Gammon ham & cheddar cheese thick cut sourdough Bloomer sandwich toasted to perfection served with chips & coleslaw.

Cheese & Chutney VEG 11.55

Cheddar cheese & caramelised onion chutney in a thick cut sourdough bloomer sandwich toasted, served with chips & coleslaw (Also available as Vegan).

Chicken & Bacon Club 11.55

The double stack! Chicken mayo & bacon with crispy lettuce & tomato, served in a slightly toasted sourdough bloomer sandwich, with chips & coleslaw on the side.

LOADED FRIES

**Crispy Chicken, Bacon,
Cheese & BBQ Sauce 11.95**

BBQ Pulled Pork, Cheese & Red Onion 12.95

Beef Chilli & Cheese 12.95

Nacho Cheese Sauce, Salsa & Guac' 11.95

KIDS LUNCH

4oz Burger, Chips & Beans 8.40

Mini beef burger, in a bun with cheese & ketchup, with a serving of French fries & beans.

Chicken Goujons, Chips & Beans 8.40

Chicken breast goujons, served with French fries, baked beans & tomato sauce for dipping.

Fish Fingers, Chips & Beans 8.40

Fish fingers, served with French fries, baked beans & tomato sauce for dipping.

Cheese & Ham Toastie Fingers & Crisps 5.25

Gammon ham & cheddar toasted sandwich fingers, served with crisps. Perfect for a light snack or for our littlest travellers!

Kids Sandwich Box 8.50

Ham, cheese or tuna mayo sandwich, cookie, crisps and simply fruity drink.

FAB TAPAS

High Flyer Wings 10.95

Succulent chicken wings tossed in Louisiana BBQ sauce.

Chicken Tenders 10.95

Chicken tenders drizzled with chilli sauce, topped with green onion & fresh chilli with BBQ sauce dip.

Crispy Potato Puffs VEG (Vegan available) 4.75

Mini hash brown potato puffs with sriracha mayo.

ATC Onion Tower VEGAN 6.25

Crispy onion ring tower with BBQ sauce.

Have The Lot! 28.35

Can't decide? Have one of each, served with sriracha mayo, BBQ sauce & sweet chilli for dipping. Perfect for sharing... or not!

FILLED BRIOCHE BAP

BBQ Pulled Pork & Coleslaw 17.35

Our slow cooked BBQ pulled pork loaded into a brioche bap, served with coleslaw, chips and beer battered onion rings.

**Fish Finger Sandwich,
Lettuce & Tartar Sauce 17.35**

Giant battered fish fingers, smothered in tarter sauce with crispy lettuce, all served in a brioche bap. Served with chips & onion rings.

12" PIZZA

Pepperoni 19.45

Ham 19.35

Margarita 17.35

Chicken 19.45

DESSERTS

Warm Chocolate Brownie 7.35

Decadent warm chocolate Brownie, with lashings of cream & hot chocolate sauce drizzled on top.

Cookie Dough with Ice Cream 6.30

Chocolate chip cookie dough, half baked served with a large scoop of vanilla ice cream, with a caramel drizzle.

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DRAUGHT BEER & CIDER

	ABV	Half	Pint
Amstel	4.1%	3.00	6.90
Cruz Campo	4.4%	4.00	7.50
Ghost Ship	4.5%	4.00	7.50
Mosaic	4.1%	4.00	7.50
Wild Wave Cider	5%	4.00	7.30

GUEST BEER

See bar for current guest beer	4.00	7.30
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BOTTLED BEER & CIDER

	ABV	Half	Pint
Bitburger Drive	0%	500ml Cans	6.00
Bitburger Radler	1.9%	500ml Cans	7.00
Blackshore Stout	4.2%	500ml	7.00
Ghost ship	0.5%	500ml	7.00
lighthouse	3%	500ml	7.00
Old Mout Kiwi & Lime		500ml	8.00
Old Mout Summer Berries		500ml	8.00
Peroni	5%	330ml	7.00

CLASSIC COCKTAILS

2 for 19.50

Aperol Spritz	11.00
Apple Cooler	11.00
Bloody Mary	11.00
Elderflower Collins	11.00
Espresso Martini	11.00
Mimosa	9.00
Passionfruit Martini	11.00
Strawberry Daiquiri	11.00

GIN COCKTAILS

Apple, Elderflower & Gin	11.00
Rhubarb Gin with Ginger Beer	11.00
Sparkling Gin & Prosecco	11.00

CLASSIC MOCKTAILS

Apple, Elderflower & Ginger Sparkle	7.00
Cranberry & Orange Fiz	7.00

JUICES

Orange/Tomato/Apple	4.00
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CORDIALS & BITTERS

Soda & Elderflower on ice	3.00
Soda & Lime on ice	3.00
Rock Shandy (lemon, soda & bitters)	4.00

SPIRITS

Double up for an Extra 2.00

Absolute Blue Vodka	40%	5.00
Adnams Copper House Gin	40%	5.00
Adnams Cop. House Pink Gin	40%	5.00
Adnams Longshore	45%	6.00
Adnams Single Malt	40%	7.00
Bacardi White Rum	37.5%	6.00
Baileys Irish Cream Liqueur		5.00
Bells 8yr Scotch	40%	5.00
Captain Morgan Dark		5.00
Captain Morgan Spiced		5.00
Courvoisier Brandy		7.00
Jack Daniels	40%	7.00
Malibi		5.00
Warners Rhubarb Gin		6.00

SOFT DRINKS

Sanpellegrino Limonata	330ml	4.00
Sanpellegrino Aranciata	330ml	4.00
J20 (assorted flavours)	275ml	4.00
Fentimans (assorted flavours)	275ml	4.00
Pepsi Max	12oz glass	3.00
Pepsi	12oz glass	4.00
7Up Free	12oz glass	3.00
Still/Sparkling Water	500ml	2.00
Simply Fruity (kids juice)		2.00

WHITE WINE

	175ml	250ml	Bot
Ornato Pinot Grigio	8.00	10.00	27.00
Forrest Estate Sauvignon Blanc	9.00	11.00	32.00
Forrest Estate Chardonnay	10.00	12.00	35.00

ROSE WINE

Ornato Pinot Grigio	8.00	10.00	27.00
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RED WINE

Doppio Passo Primitivo	8.00	10.00	27.00
Gouguenheim Malbec	9.00	11.00	32.00
Forrest Estate Pinot Noir	11.00	13.00	38.00

BUBBLES

Adnams Prosecco	8.00	34.00
Adnams Champagne, Brut	14.00	55.00
Nyetimber, English Sparkling Wine		84.00