

Byfords 3-2-1 dinner menu
Allergens

Grazers

Whipped ricotta £6.95 | £6.26

Truffle honey, roasted grapes, chives, handmade flatbread fingers

Ingredients: ricotta, olive oil, lemon juice, salt, truffle honey, chives, red grapes, flour, yoghurt, yeast, oil, salt, pepper,

Allergens: Milk, 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, vinega

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

Crispy oriental chicken £6.95 | £6.26

Hot honey, soy and sesame glaze, pickled cucumber

Ingredients: Peashoots, cucumber, white wine vinegar, caster sugar, salt. Chicken: Chicken, gf flour, Chinese 5 spice, garlic powder, onion powder, soda water, salt, pepper (fried in soy oil). Sauce: Sesame Oil, sweet chilli sauce, sriracha, honey, soy sauce

Allergens: Soy, sulphites, sesame, seeds

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

Crispy “bruschetta” arancini

Sun-blushed tomato, basil & mozzarella arancini, black olive mayonnaise

Ingredients: olive oil, onion, garlic, risotto rice, white wine, vegetable stock, lemon, mozzarella, cheddar, sunblushed tomatoes, basil, egg, gluten-free flour, gluten-free breadcrumbs

Allergens: Egg, milk, 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

Pan-fried seabass fillet £22.00 | £19.80

Bombay crab potatoes, mango, cucumber & coriander salsa

Ingredients: Seabass, mango, cucumber, coriander, olive oil, lemon juice, salt, pepper, new potato, crab, tomato, ginger, garlic, onion, chillies, coriander, cumin, turmeric, coriander

Allergens: Crustacea, fish.

Feta, caramelised onion & parsley tart £19.75 | £17.78

Black olive, sunblushed tomato & marinated cucumber salad, garlic, oregano dressing

Ingredients: Tart: Feta, black olives, sunblushed tomatoes, cucumbers, red onions, cherry tomatoes, garlic, oregano, milk, double cream, egg, plain flour, butter, parsley. Dressing: Garlic, oregano, olive oil, lemon juice, red wine vinegar,

Allergens: Gluten, milk, egg, sulphites

Roasted chicken & creamed corn skillet £21.50 | £19.35

Summer greens, bacon crumb, cornbread

Ingredients: White onions, double cream, corn, garlic, butter, chilli flakes, parmesan, chicken bacon, kale, broccoli. Cornbread: semolina, gf plain flour, bicarbonate soda, xanthan gum, salt, butter, brown sugar, honey, eggs, milk, lemon juice

Allergens: Milk, egg

BBQ Pulled Pork Burger £20.50 | £18.48

Pork patty, pulled pork, crispy bacon & all the trimmings in a toasted bun, ranch mayo, Texan spice fries, spicy slaw

Ingredients: Pork Patty: Pork mince, sage, salt, pepper. Pulled Pork: Pork shoulder, smoked paprika, ground cumin, pepper, salt, cider, BBQ sauce. Bacon, tomato, lettuce. Bun: Breadflour, salt, sugar, butter, egg, yoghurt, water, yeast. Ranch Mayo: Sour cream, mayo, buttermilk, garlic powder, onion powder, parsley, dill, chives, lemon juice, pepper. Texan spice fries: Potato, Brown sugar, paprika, chilli powder, garlic powder, onion powder, salt, pepper, cayenne pepper

Allergens: Gluten, egg, butter, 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

Banana sticky toffee pudding £9.00 | £8.10

Ingredients: Bananas, dates, water, bicarbonate of soda, stork baking spread, gluten-free self-raising flour, xanthan gum, eggs, black treacle, caster sugar, dark brown sugar. Toffee sauce

Ingredients: Double cream, light brown sugar, butter, caster sugar, golden syrup, Gelato-full fat milk, double cream, dextrose powder, skimmed milk powder, neutro sp, vanilla essence, Moroni paste

Allergens: Egg, milk

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

Strawberry ripple shortbread sundae £9.00 | £8.10

Strawberry & vanilla gelatos, fresh strawberries, strawberry sauce, shortbread pieces, whipped cream

Ingredients: milk, cream strawberries, sugar, flour, butter. Vanilla gelato: whole milk, double cream, caster sugar, dextrose powder, neutron sp, semi-skimmed milk powder

Allergens: Milk, 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