Byfords 3-2-1 dinner menu Allergens

Grazers

Festive pigs in blankets £6.95 | £6.26

Maple syrup, wholegrain mustard

Ingredients: Pork chipolatas, maple syrup, wholegrain mustard.

Allergens: Mustard

Crispy katsu chicken £7.25 | £6.53

Peanut sauce, spring onions

Ingredients: Chicken breast, **peanut butter**, spring onions, gluten-free flour, carrot, white onion,

ginger, madras curry powder, Turmeric, miso paste, gluten-free soy sauce, tomato puree,

honey, dairy-free yoghurt

Allergens: Nuts (peanut), soy, sesame

Crispy coated brie £6.95 | £6.26

Toasted sesame seeds, warm cranberry & orange dip

Ingredients: Brie, gluten free flour, egg, mixed sesame seeds, cranberry sauce, orange

Allergens: Sesame, seeds, milk, egg, soy

Hot & crispy calamari £6.50 | £5.95

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 £6.75 | £6.08

Tartare sauce & lemon

Ingredients: fresh cod, gluten-free flour, gluten-free 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 £7.00 | £6.30

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, soy

Ham hock & parsley scotch egg £6.75 | £6.08

Garlic mayo

Ingredients: gluten-free pork sausage meat, ham hock, **caper, vinegar,** parsley, **egg**, gluten-free flour, gluten-free breadcrumbs, mayonnaise, parsley, garlic, salt, pepper

Allergens: Eggs, mustard, soya, fried in soy oil, sulphites

Tear & share basil, garlic & thyme bread £7.25 | £6.53

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, gluten-free pork sausage meat, ham hock, caper, parsley, egg, gluten-free flour, vinegar, gluten-free breadcrumbs, mayonnaise, parsley, garlic, salt, pepper Allergens: Gluten (in the bread), 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,** gluten-free flour, gluten-free 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 (in the bread), eggs, fish, milk, soya, hot items fried in soy oil, sulphites, crustacea

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: Mustard, soya, sulphites

Crispy red onion rings £4.25 | £3.83

Ingredients: red onion, gluten-free flour, lager, salt, pepper

Allergens: Soya

Spicy carrot slaw £4.25 | £3.83

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

Mains

Slow-cooked brisket of beef £20.50 | £18.45

Honey roasted roots, smoked potato puree, beef jus.

Ingredients: Beef Brisket, potato, **smoked cream**, carrots, parsnips, swede, baby onions,

celery, leeks, tomato puree, red wine.
Allergens: Milk, sulphites, celery

Crispy pork belly £19.50 | £17.55

Smashed Celeriac mash, apple puree, buttered kale, pork and fennel jus, rock salt crackling **Ingredients:** Pork belly, celeriac, apple, kale, fennel, salt, pepper, **vegetable stock. Allergens:** Celery.

Mac 'n' cheese £18.25 | £16.43

Smoked paprika BBQ pulled jackfruit, cheese crisp, tenderstem broccoli, crispy herb loaf. **Ingredients: Macaroni, cheddar cheese, milk, cream, parmesan,** tenderstem broccoli, **English mustard,** bay leaves, cloves, **flour, butter,** onion, garlic, **BBQ sauce,** basil, thyme, yeast

Allergens: Gluten, celery, milk, mustard

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

Chunky fish pie £19.00 | £17.10

Cod, salmon & smoked haddock filling, saffron mash, peas, chanternay carrots parsley

veloute

Ingredients: Gluten-free flour, salmon, haddock, prawns, cod, potato, milk, dill, parsley,

saffron, butter, peas, chanterney carrots, vegetable stock, cornflour

Allergens: Fish, milk, crustacea (shellfish)

Vegetable Curry £19.50 | £17.55

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 £20.00 | £18.00

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 £20.00 | £18.00

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 £19.00 | £17.10

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: 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

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, soy

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, soy

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, soy

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, soy

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), soy

Spicy pepperoni £16.25 | £14.63

Pepperoni, burrata, crispy shallot & 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

Caramel apple creme brulee £9.00 | £8.10

Crumble topping

Ingredients: Milk, cream, egg, apple, gluten free flour, dairy free spread, brown sugar, caster

sugar

Allergens: Milk, egg

Baileys tiramisu £9.00 | £8.10

Candied cherries, bitter chocolate syrup

Ingredients: Gluten-free flour, white chocolate, dark chocolate, sugar, butter, eggs, cream. Vanilla gelato: Whole milk, cream, sugar, dextrose powder, semi-skimmed milk powder, neutro sp (emulsifiers E471(mono & diglycerides of fatty acids), E473(sucroseesters of fatty acids), stabilisers E401(sodium alginate), E412 (guar gum), E466(sodium carboxymethyl cellulose)

Allergens: Milk, egg, soy

Brownie sundae £9.00 | £8.10

Chocolate & vanilla gelato, with chocolate sauce, brownie pieces and topped with lashings of

whipped cream.

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, soy

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