

Byfords 321 dinner menu allergens

Starters

Dish	Ingredients	Allergens	Notes
Crispy beef Pickled carrot & chillies, sweet chilli relish, sesame.	Beef, gluten-free flour, paprika, salt, pepper, carrot, chillies, sweet chilli sauce, white wine vinegar , sugar, sesame seeds , spring onions	Sesame seeds, sulphites	LG, DF
Seared red mullet Ratatouille vegetables, crispy basil.	Red mullet , aubergine, courgettes, peppers, red onion, sunblushed tomatoes, tinned tomatoes, basil, soy oil , pomace oil, salt, pepper	Fish, soy	
Pressed goat's cheese Beetroot & lemon terrine, toasted brioche, hazelnuts, honey.	Goat's cheese , cream cheese , lemon, salt, pepper, beetroot, flour , butter , yoghurt , eggs , yeast, sugar, water, basil, hazelnuts , honey, peashoots	Gluten, milk, egg, nuts (hazelnuts)	V, LGA
Ham hock & parsley scotch egg. homemade picallili, peashoots.	Ham hock, gluten-free sausage meat, parsley, gluten-free flour, egg , gluten-free breadcrumbs, cauliflower, white wine vinegar , turmeric, sugar, cornflour, cucumber, onion, red pepper, peashoots, soy oil	Egg, sulphites, fried in soy oil	
Charred chorizo Manchego & rosemary croquette, tomato jam.	Chorizo , milk , cornflour, gluten-free breadcrumbs, eggs , mustard , bay leaf, manchego, rosemary, tomato, brown sugar, garlic, white wine vinegar	Milk, egg, mustard, sulphites	LG
Tear & share basil, garlic & thyme bread Homemade herb butter, oil & balsamic. Ideal for two to share	Flour , butter , yoghurt , eggs , yeast, sugar, salt, water, basil. Butter ; chives, basil, Pomace oil; balsamic vinegar , sugar	Gluten, milk, egg, sulphites	V
Hot & crispy calamari Served with harissa & lime mayo.	Calamari , gluten-free flour, paprika, salt, pepper, cayenne pepper Mayonnaise, rose harissa paste, limes, soy oil	Shellfish (mollusc), fried in soy oil	LG, DF
Slow-cooked pork belly Sesame leeks, pickled ginger, teriyaki.	Pork belly, onion, carrot, celery , low-gluten soy sauce , ginger, star anise, garlic, water, leek, sesame oil , sesame seeds , salt, vinegar, sugar, soy sauce , fish sauce , sugar	Soy, fish, celery, sesame seeds, sulphites	LG, DF
Smoked mackerel pâté Marinated cucumber, capers, lemon, focaccia.	Smoked mackerel , cream cheese , parsley, lemon, pepper, flour , pomace oil, yeast, salt, rosemary, cucumber, vinegar , capers , lemon	Fish, milk, gluten, sulphites	

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Mains

Dish	Ingredients	Allergens	Notes
Seared duck breast Pressed confit duck, garlic & rosemary potatoes, braised red cabbage, scrumpy reduction, rosemary jus.	Duck breast, duck legs, potato, red cabbage, butter , cinnamon, red wine vinegar , brown sugar, pepper, five spice, all spice, cider, sugar, rosemary, gravy base, sage, soy oil	Sage fried in soy oil, milk, sulphites	LG, DF
Slow-cooked blade of beef Wild mushrooms, smoked potato purée, heritage carrots, crispy shallots, red wine jus.	Beef, onion, carrot, leek, celery , tomato paste, red wine , gravy base, wild mushrooms, potato, cream (smoked), heritage carrots, butter , shallots, semolina ,	Celery, sulphites, milk, gluten	LG, DFA
Curried cod fillet Coconut red lentil dahl, Tenderstem broccoli, cucumber, lime & coriander, curry oil.	Cod (soy oil madras curry powder), red lentils, curry spice, coconut milk, garlic, onion, tenderstem broccoli, cucumber, lime, salt, coriander, curry spice infused oil (balti spice), yoghurt	Fish, milk	LG, DF
Smoked Norfolk dapple “soufflé” Charred leeks, wild garlic velouté, hazelnut crumb.	Milk , flour , butter , egg , Norfolk dapple cheese , mustard , leeks, wild garlic, vegetable stock (including celery), hazelnuts , mixed leaf, peashoots	Gluten, milk, egg, nuts (hazelnuts), celery, mustard	V
Wild mushroom and celeriac pithivier Charred hispi cabbage, crispy shallots, Madeira “jus”.	Wild mushrooms, garlic, celeriac, spinach, flour , egg , white fat, hispi cabbage, shallots, semolina , vegetable-based gravy, red wine , Madeira wine	Gluten, egg, sulphites	V
Roasted salmon and steamed mussels spaghetti Wilted spinach, white wine, cream & parsley sauce, lemon & thyme pangritata.	Salmon , spaghetti , onion, white wine , cream , spinach, mussels , bread crumbs , thyme, garlic, lemon, rosemary, salt, pepper, peashoots,	Fish, shellfish (mollusc), sulphites, milk, gluten	DFA
Pan-fried seabass fillet Samphire, smoked paprika potato galette, courgette purée, caper, olive & tomato dressing.	Seabass , samphire, courgette, spinach, capers , tomato, black olives, pomace oil, potato, butter , smoked paprika, peashoots, parsley	Fish, sulphites, milk	LG

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Chicken supreme Wild mushroom cannelloni, charred leek, spinach, Madeira sauce.	Chicken, egg, cream , salt, wild mushrooms, pasta flour , leek, butter , spinach, gravy base, red wine, madeira wine	Egg, milk, gluten, sulphites	
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Pizzas & Platters

Dish	Ingredients	Allergens	Notes
Simple Slow-cooked tomato ragu, mozzarella, cheddar cheese.	Bread flour, semolina , water, oil , yeast, sugar, salt, tinned tomatoes, sun-blushed tomatoes, brown sugar, balsamic vinegar , thyme, rosemary, basil, oregano, mozzarella, cheddar , onion, garlic	Gluten, milk, soy, sulphites	V, DFA
Farmhouse Bacon, sausage, baked beans, black pudding, mushroom, mozzarella topped with a fried egg.	Bread flour, semolina , water, oil , yeast, sugar, salt, tinned tomatoes, sun-blushed tomatoes, brown sugar, balsamic vinegar , thyme, rosemary, basil, oregano, mozzarella, cheddar , onion, garlic	Gluten, milk, soy, sulphites	DFA
Italian chicken pizza Chicken, Parma ham, olives, spinach, mozzarella.	Bread flour, semolina , water, oil , yeast, sugar, salt, tinned tomatoes, sun-blushed tomatoes, brown sugar, balsamic vinegar , thyme, rosemary, basil, oregano, mozzarella, cheddar , onion, garlic, chicken, spinach, parma ham, black olives	Gluten, milk, soy, sulphites	DFA
Goats cheese Crumbled goats cheese, chargrilled med veg, rocket, onion marmalade, mozzarella, toasted pinenuts.	Bread flour, semolina , water, oil , yeast, sugar, salt, tinned tomatoes, sun-blushed tomatoes, brown sugar, balsamic vinegar , thyme, rosemary, basil, oregano, mozzarella, cheddar , onion, garlic, goats cheese , onion marmalade (onion, brown sugar), courgette, red onion, aubergine, peppers, pine nuts , rocket	Gluten, milk, soy, sulphites, nuts, seeds (pinenuts)	V, DFA
Spicy pepperoni Burrata, crispy shallots, hot honey.	Bread flour, semolina , water, oil , yeast, sugar, salt, tinned tomatoes, sun-blushed tomatoes, brown sugar, balsamic vinegar , thyme, rosemary, basil, oregano, mozzarella, cheddar , onion, garlic, burrata , pepperoni, honey, chillies, shallots	Gluten, milk, soy, sulphites	DFA
Hot Chorizo, shredded buffalo wings, fresh chillies, blue cheese dip.	Bread flour, semolina , water, oil , yeast, sugar, salt, tinned tomatoes, sun-blushed tomatoes, brown sugar, balsamic vinegar , thyme, rosemary, basil, oregano, mozzarella, cheddar , onion, garlic, chorizo , chicken, hot sauce, red chillies, stilton, crème fraiche , mayonnaise	Gluten, milk, soy, sulphites	SFA

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<p>Store platter Chorizo, Parma ham, warm scotch egg, Binham Blue, Norfolk Dapple, antipasti.</p>	<p>Chorizo, Parma ham, Ham hock, gluten-free sausage meat, parsley, gluten-free flour, egg, gluten-free breadcrumbs, Binham blue, Norfolk Dapple, olives, sunblushed tomatoes, balsamic pickled onions, apple, onion, white wine vinegar, sugar, sultanas, flour, pomace oil, yeast, salt, rosemary</p>	<p>Milk, gluten, sulphites, egg</p>	
<p>Seafood platter Crispy calamari, fish fingers, seafood cocktail, smoked mackerel pâté, tartare sauce.</p>	<p>Calamari: gluten-free flour, paprika, salt, pepper, cayenne pepper Cod: gluten-free self-raising flour, garlic powder, onion powder, gluten-free beer, water, salt, pepper, white wine vinegar, soy oil, smoked salmon, prawns, mayonnaise, tomato ketchup, paprika, lemon Smoked mackerel: cream cheese, parsley, lemon, pepper Mayonnaise, capers, gherkins, parsley, salt, pepper flour, pomace oil, yeast, salt, rosemary</p>	<p>Gluten (in bread) Fish, shellfish (mollusc) fried in soy oil, celery, milk, sulphites, mustard</p>	
<p>Cheese platter Binham Blue, Norfolk Dapple, Wells Alpine, Copys Cloud, Eccles cake, frozen grapes, rustic crackers, apple & mint, butter “mouse”.</p>	<p>Binham Blue, Norfolk Dapple, Wells Alpine, Copys Cloud, Eccles cake (flour, raisins, sultanas, mixed spice, brown sugar, butter), grapes, Chutney (apple, onion, white wine vinegar, sugar, sultanas) Crackers(Flour, poppy seeds, water, sugar, salt) butter</p>	<p>Milk, gluten, sulphites, seeds (poppy)</p>	<p>V, LGA</p>

Sides

Dish	Ingredients	Allergens	Notes
Dressed house salad	Mixed leaf, red onion, carrot, cucumber, tomato, orange juice, mustard pomace oil, white wine vinegar	Mustard, sulphites	LG, DF, V, VEA
Crispy red onion rings	Red onion, gluten-free self-raising flour, garlic powder, onion powder, gluten-free beer, water, salt, pepper, white wine vinegar, soy oil	Sulphites, fried in soy oil	LG, DF, V, VEA
Spicy carrot slaw	Cabbage, red onion, spring onion, carrot, mayonnaise, hot sauce		LG, DF, V, VE
Skin-on fries	Potato, soy oil , salt	Fried in soy oil	LG, DF, V, VE

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Creamy mash potato	Potato, butter , salt, pepper	Milk	LG, DFA, V, VE
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Desserts

Dish	Ingredients	Allergens	Notes
Pecan and maple cheesecake Salted caramel gelato, caramel sauce, candied pecans.	Digestives, butter , gelatine sheets, pecans , maple syrup, icing sugar, cream cheese, double cream Whole milk, cream , sugar, dextrose powder, semi-skimmed milk Powder , vanilla flavouring, vanilla seeds, caramel sauce, caramel flavouring	Gluten, nuts (pecan) milk	
Warm chocolate sponge pudding Toffee centre, vanilla gelato, bitter chocolate sauce.	Egg, egg yolk , caster sugar, 55% chocolate, condensed milk, butter, plain flour Whole milk, cream , sugar, dextrose powder, semi-skimmed milk Powder , vanilla flavouring, vanilla seeds Cocoa, sugar, water	Egg, soy, milk, gluten	V, LG
Upside-down banana & butterscotch tarte tatin Banana gelato, butterscotch & honeycomb.	Banana, butter, flour , white fat, sugar Cream , brown sugar, butter Whole milk, cream , sugar, dextrose powder, semi-skimmed milk Powder , banana flavouring	Milk, gluten	V
Espresso crème brûlée Pistachio biscotti.	Plain flour , gluten-free baking powder, pistachio , caster sugar, butter, cornmeal , cornflour, eggs , salt, vanilla flavouring Cream , espresso, sugar, egg yolks	Gluten, milk, egg, nuts (pistachio)	
Byfords classic Bakewell tart slice Bakewell gelato, kirsch cherries.	butter, plain flour , water, pasteurised egg yolk , icing sugar, ground almonds, whole eggs, almond extract Whole milk, cream , sugar, dextrose powder, semi-skimmed milk Powder , vanilla flavouring, vanilla seeds, flour, egg, ground almonds, flaked almonds , raspberry jam Morello cherries, sugar, alcohol	Gluten, milk, egg, nuts (almonds)	V

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<p>Byfords mess Blueberry compote, meringue pieces, chantilly cream, vanilla gelato.</p>	<p>Blueberries, lemon, vanilla, sugar, cornflour, egg, sugar, cream, vanilla flavouring Whole milk, cream, sugar, dextrose powder, semi-skimmed milk Powder, vanilla flavouring, vanilla seeds</p>	<p>Milk, egg</p>	<p>V, LG</p>
<p>GELATO BOARD SHARER Bakewell Vanilla: Chocolate Strawberry Caramel Banana</p>	<p>Whole milk, cream, sugar, dextrose powder, semi-skimmed milk Powder, vanilla flavouring, vanilla seeds, flour, egg, ground almonds, flaked almonds, raspberry jam Whole milk, cream, sugar, dextrose powder, semi-skimmed milk Powder, vanilla flavouring, vanilla seeds Whole milk, cream, sugar, dextrose powder, semi-skimmed milk Powder, vanilla flavouring, chocolate flavouring Whole milk, cream, sugar, dextrose powder, semi-skimmed milk Powder, vanilla flavouring, vanilla seeds, strawberry puree, strawberry jam, strawberry flavouring Whole milk, cream, sugar, dextrose powder, semi-skimmed milk Powder, vanilla flavouring, vanilla seeds, caramel sauce, caramel flavouring Whole milk, cream, sugar, dextrose powder, semi-skimmed milk Powder, banana flavouring</p>	<p>Milk, nuts (almonds), gluten, egg Milk Milk, soy Soy Soy Soy</p>	<p>V, LGA</p>