



**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 products.*

# 3-2-1 SPECIAL

SERVED FROM 5PM

3 COURSES + DRINK £34.50\*

2 COURSES + DRINK £31.00\*

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** £15.50 / £13.95

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. £13.25 / £11.93

**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** £10.95 / £9.86

**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

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

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

## Sandwiches

on gluten free bread - served 11am-5pm

**Posh cheese on toast:** £11.75 / £10.58

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** £12.50 / £11.25

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:** £7.95 / £7.15

**Soup & half sandwich:** £12.50 / £11.25

**Soup & full sandwich:** £15.00 / £13.50

**SOUP SPECIALS:**

**Monday:** Sweet potato, coconut & lemongrass

**Tuesday:** Carrot, ginger & coriander

**Wednesday:** Spicy Moroccan Red lentil

**Thursday:** Creamed onion & mushroom

**Friday:** Curried butternut squash

**Saturday:** Chunky vegetable & kale broth

**Sunday:** Classic Pea soup

## 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** £5.75 / £5.18

**Calamari, harissa & lime mayo** £5.85 / £5.27

**Smoked mackerel pate, toasted gluten free bread, cucumber & caperberry** £5.85 / £5.27

**Crispy beef, sweet chilli relish, spring onion, sesame** £5.85 / £5.27

**Creamed pecorino, pinenuts, basil, toasted gluten free bread** £6.25 / £5.63

**Crispy Hoisin Pork, sesame leeks** £6.50 / £5.85

### Main Courses

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

**Chicken** £19.50 / £17.50, **Vegetable** £18.75 / £16.88 or **king prawn** £19.50 / £17.50

**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 £18.50 / £16.50

**Black and blue burger, double stacked homemade beef burger, topped with black treacle bacon, Binham blue cheese, and our secret burger sauce, in a toasted gluten free roll, with seasoned fries & spicy carrot slaw** £18.95 / £17.05

**Pan fried seabass, roasted shellfish, red pepper & chorizo paella, wilted spinach, crab oil** £20.95 / £18.85

**Roasted chicken supreme, black lentil & coconut dahl, sesame roasted tenderstem broccoli, crispy onions, curried lime dressing** £19.50 / £17.55

**Smoked lamb shepherds pie, buttered vegetables, pea puree, roasted baby onion & rosemary gravy** £20.00 / £18.00

**Roasted salt & pepper salmon fillet, Soft boiled egg, roasted new potato, green bean & sunblushed tomato salad, black olive & tarragon dressing** £18.95 / £17.05

### Sides

**Dressed house salad** £4.25 / £3.83

**Spicy carrot slaw** £4.25 / £3.83

**Skin-on fries** £4.25 / £3.83

**Sweet potato fries** £4.50 / £4.05

### Desserts

each £8.75 / £7.88

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

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

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

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

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

**Lemon posset, syllabub & jelly, ginger biscuit**

**Spiced plum, orange & brown sugar crumble, vanilla gelato**

### Gelato

1 Scoop £2.75 / £2.48 2 Scoops £5.25 / £4.73 3 Scoops £6.75 / £6.08

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** £27.50 per person  
£24.75 per person

**High Tea** £32.50 per person  
£29.25 per person

Available  
by booking  
only  
24-hours notice

