

T H E H E R O

S T A R T E R S

S O U P O F T H E D A Y

Seasonal soup, sourdough **6.5**

S T A I T H E H O T S M O K E D S A L M O N

Crayfish, sweet pickled cucumber, crispy Lilliput capers, lime & caviar crème fraîche, grapefruit, rocket **8.5**

C R I S P Y B B Q B U T T E R M I L K C H I C K E N

Mango, lemon feta, honey yoghurt, bacon crumb **8.5**

S M O K E D H A D D O C K F I S H C A K E

Norfolk gin & lemon fennel, pea & herb aioli **8**

M A I N S

F I S H & C H I P S

Wherry battered haddock, hand-cut triple cooked chips, tartar, minted peas **15**

P I E O F T H E D A Y

Ask us for today's pie! **16**

H A M H O C K R I S O T T O

Crispy hock, garden pea & broad bean, parmesan shavings, salted lemon, barn farm shoots **16**

B E E T R O O T B U R G E R

Beetroot, mushroom, miso & coriander burger, toasted corn bun, smoked tomato ketchup, fennel slaw, fries **14.5**

S I D E S

Triple Cooked Chips **4.5**

Fries **3.5**

Mixed olives **4.5**

S A N D W I C H E S 12 - 4 P M

F I S H F I N G E R S

Minted peas, tartar, white bloomer, fries or salad **9**

6 O Z R U M P S T E A K

Roasted red onions, melted cheddar, American mustard, triple cooked chips or salad **12**

S T A I T H E S M O K E D S A L M O N

Dill cream cheese, cucumber ribbons, multi-seed bread, fries or salad **10**

H E R O B U R G E R

Double patty, onion jam, bacon, melted cheese, burger sauce, gherkin, fries **16**

N O R F O L K S M O K E D P R A W N S

Shell-on prawns, thousand island dressing, multi-seed bread, lemon butter, baby gem, cucumber **18**

S I R L O I N S T E A K

8oz sirloin steak, cherry vine toms, flat mushroom, battered onion rings, wild garlic & herb butter, triple cooked chips **24**

N O R F O L K N I C O I S E S A L A D

Staithe smoked mackerel, marsh samphire, Norfolk peer potatoes, heritage tomatoes, duck egg, olives **16.5**

Mixed leaf salad **4.5**

Seasonal buttered greens **4.5**

Bread, oil & vinegar **4.5**

V e g a n



V e g e t a r i a n



G l u t e n f r e e o p t i o n

F O R A L L E R G E N I N F O R M A T I O N , P L E A S E A S K

T H E H E R O

DESSERTS

STICKY TOFFEE
PUDDING

Butterscotch, vanilla ice cream **7**

CHOCOLATE & ORANGE
DELICE

Orange sorbet **7**

ETON MESS

Norfolk berries, Chantilly cream,
meringue **7**

NORFOLK RHUBARB &
LAVENDER CRUMBLE 

Dann's apple sorbet **7**

CHEESEBOARD

Norfolk cheeses, spiced apple chutney,
grapes, crackers **7/14** 

DANN'S NORFOLK ICE
CREAM SCOOP **2 (3
FOR 5)**

Vanilla, strawberry, mint choc chip, salted
caramel, chocolate

SORBET

Lemon, apple, raspberry, blood orange 

COCKTAILS 8

APEROL SPRITZ

Aperol Aperitivo, Prosecco, orange
bitters, soda

NEGRONI

Bombay Sapphire gin, Campari,
Martini Rosso

AMARETTO SOUR

Disaronno Amaretto, Buffalo Trace
Bourbon, lemon juice, egg white

OLD FASHIONED

Buffalo Trace Bourbon, Brown sugar,
Angostura bitters

ESPRESSO MARTINI

Absolut Vanilla, Kahlua Liqueur,
Espresso, sugar syrup, chocolate bitters

BLOODY MARY

Stoli vodka, Big Tom, lemon,

HOT DRINKS

Fresh ground Norwich Red
Roaster coffee beans

HOT CHOCOLATE **3.5**

LATTE **3.5**

FLAT WHITE **2.5**

CAPPACCINO **3.5**

AMERICANO **2.5**

ESPRESSO **2**

DOUBLE ESPRESSO **2.5**

BREW TEA CO.

We think a good brew is VERY important
which is why we have picked the Brew Tea
Co. 100% rolled whole leaves, natural
ingredients, hand packed in Manchester.

ENGLISH BREAKFAST **2.5**

LEMON & GINGER **2.5**

EARL GREY **2.5**

MOROCCAN MINT **2.5**

Vegan



Vegetarian



Gluten free option



FOR ALLERGEN INFORMATION, PLEASE ASK