



# Frank's Lunch Bar Menu

***Breakfast available until 11.30am***

**Bacon sandwich £ 3.50**

Bacon and Lincolnshire sausage sandwich £4.50

Bacon, sausage, egg, tomato, mushroom and toast, with tea or coffee and fruit juice £7.50

Toasted T-Cake £1.75

## **Panini's**

***Tuna melt £4.25***

***Ham and Cote hill cheddar £4.25***

***Brie and bacon £4.25***

Tomato, basil pesto and mozzarella £4.25

Chicken, mozzarella and BBQ sauce £4.25

## **Appetisers and light bites**

***Available as starter or main course***

Parisienne of melon with passion fruit and mango coulis £4.50

Chef's homemade soup of the day £3.95/£5.95

Chicken liver pate, Cumberland sauce and Melba toast £4.50/£7.50

Smoked salmon £6.50/£9.95

Thai style Cromer crab cakes with a lemon & basil dressed salad £4.50/£7.50

## Mains

Lincolnshire poacher & sugar baked ham ploughman's £7.50

Chicken Caesar salad, pan fried chicken breast over 'cos' lettuce, parmesan and garlic croutons £8.95

Greek salad, feta cheese, sun dried tomatoes and black olives, balsamic dressed salad £8.95

Homemade lasagne with a mixed leaf salad £8.95

Beer battered loin of cod, chips and mushy peas £9.95

Breaded scampi tails, chips and peas £9.95

Chicken curry with steamed rice, mango chutney, chota naan bread & chipped potatoes £9.95

Sirloin steak served garni or au-poivre with chipped potatoes £13.95

Toft house homemade steak, ale & field mushroom short crust pie, chipped potatoes £9.95