



HERO MAIN MENU

01328 738334
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The Hero
Wells Rd
Burnham Overy Staithe
PE31 8JE

NIBBLES:

Mixed olives. £3.50 Bread oil and vinegar £4.50
Classic Hummus with pomegranate dressing and pitta bread £5.50
(SD CE E M V G)

STARTERS:

Soup of the day
£6.50

Superfood salad with black quinoa, romanesco, barlotti beans, sunflower seeds, Feta cheese, charred purple sprouting broccoli and chimichurri tomatoes £8
(N MU SD V)

Salted Hake Fishcake with lemon aioli, slow cooked tomato sauce and a mixed leaf salad £8 (G E F M SD)

Duo of Fruit Pig Pork – Black Pudding & Pork Belly with caramelized celeriac puree, sautéed wild mushrooms, apple sauce and fresh blackberries £9
(CE M SD)

MAINS:

Hero Beef Burger with homemade burger cheese, burger sauce, grilled white onion, sliced plum tomato, shredded iceberg lettuce and fries £15.50 (G E M MU SE SD)

Beer battered Haddock fillet with treble cooked chunky chips, tartar sauce and minted mushy peas £14 (G E F M SD G)

Chestnut Mushroom and Norfolk Mardler Goats Cheese croquettas with Escalivada (traditional dish from Catalonia, of smokey grilled vegetables) with pesto and a Blakeney leaf salad £15 (CE G E M SD V)

Chargrilled Monkfish Kebabs with homemade pitta, spiced feta & yogurt dressing and a lemon & oregano Greek salad £19 (M G SD F MU)

Arthur Howells 10oz rump steak with blue cheese butter, macaroni cheese, slow roasted tomato fondue, chargrilled tenderstem broccoli and wild mushroom £22
(CE E M MU SD)



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SIDES: HAND CUT CHIPS £3.75, FRIES £3.50, SPRING GREENS £3, BAKED BEANS £2, GEM LETTUCE & TOMATO SALAD £2

SANDWICHES: ALL served with side salad (Served 12pm until 3pm)

Two Cheese Norfolk Toastie - Smoked Norfolk Dapple & Norfolk Mardler with homemade red onion jam £8 (M V CE E SD G)

BLT: bacon, gem lettuce and sliced tomato with mayonnaise £7.50 (G E)

Prawn Cocktail Sandwich: Marie Rose sauce, gem lettuce, sliced tomato £8 (CR F SD G)

HOMEMADE ICE CREAMS & SORBETS:

ICE CREAM: vanilla, chocolate, strawberry, chocolate brownie, coffee & hazelnut, rum & raisin, almond & white chocolate

SORBET: strawberry, raspberry, pineapple, orange, lemon, passionfruit, apple

FROZEN YOUGHURT: strawberry, raspberry, blueberry

DESSERTS:

Salted Caramel Crème Brulee and gluten-free Granola £7 (E V M N)

Damson steamed sponge, almond and white chocolate ice cream, toasted almonds & white chocolate powder £6.50 (M G E N)

Apple and Blackberry Crumble with homemade custard £7 (E M N)

Trio of cheeses with homemade grape and celery chutney & biscuits. £8.50 (CE G M MU N V SD)

Hero Sundae - vanilla & chocolate ice-cream, dark chocolate brownie chunks, Chantilly cream and chocolate sauce £8 (G E M)

DIGESTIF:

Calvados £4, Remy Martin £3.20, Courvoisier £2.80, Hennessy £3.50, Janneau £4, Mount Gay XO Rum £4, Red Leg Rum £2.70, Tito's Handmade Vodka £5

SINGLE MALT:

Lagavulin 16yr £5.70, Talisker 10yr £3.90, Macallan Gold £4.40, Jura 10yr £3.70, Laphroaig 10yr £4.20

COFFEE & TEA:

Espresso £2, Macchiato £2.20, Double espresso £4, Americano £2.50, Cappuccino £3, Latte £3, Mocha £3, Hot choc £3, Babyccino £0.30p

Tea (£2.50): Breakfast, Earl Grey, Peppermint, Green, Camomile, Red berry