



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
Muhammara, pinenuts, yoghurt and pitta bread £5.50 (N P SE
M L G)

STARTERS:

Curried Butternut Squash soup with homemade bread £6.50 (M
V G)

Warm superfood salad, quinoa, pomegranate, purple
sprouting broccoli, feta, cherry tomatoes, falafel, grated
beetroot, pak choi & beetroot and tahini puree £7.50/£15
(V M MU N SD)

Crispy Chicken Mousse Salad with Chorizo, Savoy Cabbage
and House dressing £7.50 (SD M E CE)

4oz Fillet of Beef with black garlic puree, mini fondant
potato and grilled baby gem lettuce £9 (SD, M, S)

Pan Seared Scallops with a crunchy fennel & apple salad,
curry oil and a sharp apple puree £9 (CR, M0)

MAINS:

Chargrilled beef burger, old Amsterdam cheese, burger
sauce, streaky bacon, brioche bun, fries. £15

(G E M MU SE SD)

Roasted Butternut Squash, Shallot, Cavolo Nero, Spiced
Muhammara, White Lady Goats Cheese, Toasted Almonds £14.50
(SD N CE MU V)

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

Grilled whole Lemon Sole, crispy Squid, salt & vinegar
croquette, oyster mayonnaise, cucumber chutney £16.50
(F M0 CR CE SD M E)

Allergen Key: Celery/Celeriac CE, Gluten G, Crustaceans CR, Egg E, Fish
F, Lupin L, Vegetarian V, Milk M, Mustard MU, Nuts N, Peanuts P, Sesame
SE, Soy S, Sulphites SD, Molluscs M0



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**Brancaster Mussels in a white wine and garlic cream sauce,
onions and parsley, served with homemade bread Starter
£8.50 or Main £16.50 (G CR M MU SD MO)**

**Short crust Pork shoulder and Black pudding pie,
cauliflower puree, Braised red cabbage, piccolo parsnips,
carrots & gravy £14.00 (CE G E L M MU SD)**

**Miso Cod Fillet with wasabi pea puree, fresh garden pea's,
parmentier potatoes and micro coriander cress
£16 (M SD SE S F)**

**Roast Duck breast, Cauliflower puree, beef dripping
croquette, red cabbage, Vichy carrots, jus £17 (SE C M SD)**

*SIDES : HAND CUT CHIPS £3.75, FRIES £3.50, WINTER GREENS £3, BAKED
BEANS £2, BABY GEM & CHERRY TOMATOES £2,*

Sandwiches (served between 12-3pm)

Rarebit, chestnut mushrooms on toasted sourdough £7.50
(G CR E M MU SD MO)

. Open Swedish sandwich, hot smoked salmon, crispy beetroot
boiled egg, pickled cucumber, herb yogurt. £8
(G E F L V M MU SD)

BLT on toasted sourdough £7 (G E M MU)

Roasted beef toastie with horseradish cream cheese £7.50 (SD M MU
G)

*Children's menu £6.50: Sausage chips and peas, Cheese & Pesto
Pasta, Fish and chips.*

DOGGY DINDINS: SAUSAGE £1.50/ PIGS EARS £2.50

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DESSERTS:

White chocolate & pistachio crème brulee with Hero biscuit and
Norfolk raspberry sorbet £6.50 (G E M N P)

Spiced fruit parfait with rhubarb sorbet £6 (N P SD)

Trio of chocolate, Peanut butter blondie, chocolate terrine, white
chocolate sorbet with chocolate sauce and popping candy £7
(E G L N P M SD)

Baked sticky toffee pudding, salt caramel, vanilla ice cream £6.50
(E G L M V)

Prosecco and Passion Fruit Jelly with pineapple tart tatin, lemon
sorbet and pineapple salad £8 (SD, M, E, G)

Chocolate Fondant with salted caramel bonbons, homemade pistachio
ice-cream and a salted pistachio shard £8.50 (M, E, G)

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

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