



THE DALES

A LA CARTE

STARTER

SLOW ROASTED TOMATO & BASIL SOUP (V) £7.50
Chive tuile, basil oil

GOATS CHEESE & SPINACH FRITATTA (V) £7.75
Roasted red pepper puree

BANG BANG CAULIFLOWER WINGS (VE) £8.50
Crispy seaweed, crushed smoked nuts, satay dip

BLUEBERRY CURED SALMON (GF) £8.95
*Pickled kohlrabi, beetroot meringue, goats cheese curd,
micro herbs, herb oil*

LOCAL LOBSTER RAVIOLI £10.95
Celeriac puree, wilted spinach, seafood chowder, dill oil

CHICKEN & TARRAGON MOUSSE £8.25
Pickled radish, grape & red onion chutney, sourdough croutes

LAMB CROQUETTE £9.50
Mint yoghurt, pickled cucumber, micro herbs

CRAB & PRAWN TIAN £9.95
*Baby potato & gem lettuce salad, asparagus, caper, tomato, &
cucumber dressing*

CONCERNED ABOUT THE PRESENCE OF ALLERGENS IN OUR FOODS? ASK YOUR SERVER FOR MORE INFORMATION ABOUT DISH INGREDIENTS. FISH DISHES MAY CONTAIN BONES. (V)= VEGETARIAN (VE)= VEGAN (GF)= GLUTEN FREE. MANY DISHES CAN BE ADAPTED TO MEET DIETARY REQUIREMENTS PLEASE ASK YOUR SERVER



THE DALES

A LA CARTE

MAIN COURSE

FILLET OF NORFOLK BEEF

£29.95

*Beef & potato croquette, pancetta bean bundle,
pickled wild mushrooms, courgette pearls, red wine jus*

CONFIT PORK BELLY

£18.75

*Ham hock bubble & squeak, poached apples,
tenderstem broccoli, cherry tomatoes, red wine jus*

GRESSINGHAM DUCK

£19.00

*Duck breast, confit duck bon bons, charred tenderstem broccoli,
broad bean & pea fricassee, red wine jus*

SEA BASS

£19.50

*Golden beetroot puree, sauteed new potatoes, kale,
chowder, dill oil*

MISO COD LOIN

£17.50

*Fennel puree, samphire, cherry tomatoes,
pickled fennel, chimichurri*

WILD MUSHROOM & BEETROOT

£16.95

PAPPARDELLE (VE)

Pickled beetroot, truffle, chive tuile

CRABS & LOBSTERS

**subject to availability*

LOCALLY CAUGHT CRAB

£19.00

*Oven baked thermidor or grilled with garlic
butter or simply dressed. Served with
dressed salad and baby potatoes or fries*

LOCALLY LOBSTER

Half £25.95

Whole £39.00

*Oven baked thermidor or grilled with garlic
butter or simply dressed. Served with
dressed salad and baby potatoes or fries*



THE DALES

A LA CARTE

DESSERTS

CARAMELISED BANANA & CHOCOLATE CAKE £7.50

Chocolate glaze, chocolate crumb, toffee popcorn, vanilla ice cream

STRAWBERRY & BASIL PANNA COTTA £7.25

Balsamic infused strawberries, basil gel, caramel brittle

BANOFFEE ICE CREAM SUNDAE £7.95

Banana bread, Chantilly cream, caramelised banana, toffee sauce, vanilla ice cream

WARM BAKEWELL TART £7.50

Honey ice cream

CLEMENTINE & PROSECCO JELLY (GF/DF) £7.25

Oat crumb, raspberries

SUMMER BERRY CHEESECAKE £7.75

Berry gel, fresh seasonal berries, oats

VANILLA CREME BRULEE £7.95

Shortbread, fresh berries

BRITISH ISLE CHEESE BOARD £9.95

Smoked Norfolk Dapple, Binham blue, Gurney gold, grapes, celery, Suffolk chutney, selection of crackers

SELECTION OF ICE CREAM

2 Scoops £5.95 3 Scoops £7.95

SELECTION OF SORBETS

2 Scoops £5.95 3 Scoops £7.95

THE DALES

ALL DAY BAR MENU

NIBBLES & STARTERS

- SLOW ROASTED TOMATO & BASIL SOUP (V)** £7.50
Chive tuile, basil oil
- MARINATED MIXED OLIVES (V)** £7.50
Houmous, baba ganoush, olive oil & balsamic, crusty ciabatta
- DUCK LIVER PATE** £7.50
Thyme butter, citrus orange, apple & chilli chutney, toasted brioche
- DUO OF SMOKED MACKEREL (GF)** £7.50
Toasted sour dough, celeriac remoulade, beetroot puree
- CROMER CRAB AND PRAWN TIAN (GF)** £9.95
Baby potato and gem lettuce salad, caper, tomato, dressing
- HADDOCK & LEEK FISHCAKE** £8.25
Fricassee of tender stem broccoli & peas, salsa Verdi
- BANG BANG CAULIFLOWER WINGS (VE)** £8.50
Crispy seaweed, crushed smoked nuts satay dip
- CAESAR SALAD** £8.95/£12.95
Gem lettuce, anchovies, boiled hens egg, croutons & parmesan.
Add crispy bacon & smoked chicken £9.95/£14.95

GRAZING PLATTERS

- PLOUGHMANS PLATTER** £22.00/£42.00
Scotch egg, cheddar, brie, sliced ham, pickled onions, coleslaw, grapes, duck liver pate, crusty bread and butter
- SEAFOOD PLATTER** £25.00/£45.00
Smoked salmon, prawn marie rose cocktail, whole crab (2 for main platter), mackerel pate, mackerel fillet, coleslaw, salad, crusty b&b
- VEGI PLOUGHMANS PLATTER (V)** £20.00/£39.00
Frittata, cheddar, brie, humous, crudities, grapes, pickled onions, coleslaw, crusty bread and butter

CIABATTAS

- HONEY GLAZED HAM AND MUSTARD** £8.95
- HOT CRISPY BACON, BRIE & CRANBERRY** £9.95
- CONFIT TOMATO, ONION** £8.95
- MARMALADE & CHEESE MELT**
- SMOKED SALMON, CHIVE CREME FRAICHE** £9.75
- THE DALES CLUB** £9.95
Smoked chicken, bacon, gem lettuce, tomato, egg mayonnaise
- PRAWN MARIE ROSE** £9.25

MAIN COURSES

- GRILLED 8OZ SIRLOIN STEAK** £25.50
Hand cut chips, onion rings, grilled tomato, mushrooms
- THE DALES BURGER** £15.95
Smoked bacon and cheese, glazed bap, French fries, apple & chilli chutney
- CONFIT PORK BELLY** £18.75
Ham hock bubble & squeak, poached apples, tenderstem broccoli, cherry tomatoes, red wine jus
- GRILLED SMOKED HADDOCK (GF)** £15.25
Baby potatoes, grilled tomato, poached hens egg, pea cream sauce
- BATTERED COD** £15.75
Hand Cut Chips, mashed peas, homemade tartare sauce
- WILD MUSHROOM & BEETROOT** £15.50
- PAPPARDELLE (VE)** £15.95
beetroot puree, mushrooms, kale, vegan cheese
- ROAST BREAST OF CHICKEN** £15.95
garlic crushed potatoes, savoy cabbage & carrots, red wine jus
- THE DALES VEGAN BURGER** £15.95
Vegan cheese & bacon, glazed bap, fries, apple & chilli chutney

** SUBJECT TO AVAILABILITY

- LOCAL CRAB THERMIDOR**** £19.00
Garden salad and a choice of new potatoes or fries
- LOCALLY CAUGHT LOBSTER**** £23.95/£34.00
Garden salad and choice of new potatoes or fries
Dressed or grilled with garlic butter or oven baked thermidor

DESSERTS

- CLEMENTINE & PROSECCO JELLY (GF/DF)** £7.25
Oat crumb, raspberries
- SUMMER BERRY CHEESECAKE** £7.75
Berry gel, fresh seasonal berries, oats
- WARM BAKEWELL TART** £7.50
Honey ice cream
- HOMEMADE APPLE PIE** £7.50
Served warm with vanilla ice cream
- CARAMELISED BANANA & CHOC CAKE** £7.50
Chocolate glaze, chocolate crumb, caramelized banana vanilla ice-cream
- VANILLA CREME BRULEE** £7.95
Homemade shortbread, fresh berries
- NORFOLK CHEESE BOARD** £9.95
Binham blue, smoked Norfolk dapple, Gurney gold, chutney, celery, biscuits
- SELECTION OF ICE CREAM & SORBETS**
2 Scoops £5.95 3 Scoops £7.95

SIDES

- Chunky Chips/French Fries £4.55, Buttered New Potatoes £4.55 Creamy Mash £4.55
Market Seasonal Vegetables £4.55, Garden Salad £4.55, Bread Basket (Three Rolls) £4.25