

GLUTEN-FREE MENU



BREAKFAST

Served 7.30am to 11.30am



FULL ENGLISH

Dry-cured bacon, gluten-free sausage, fried free-range egg, grilled tomato, flat mushroom, sautéed potatoes, herby baked beans, gluten-free toast
£10.95

OMELETTE ARNOLD BENNETT

Three free-range eggs cooked in a soufflé omelette with creamed smoked haddock, hollandaise and Parmesan
£8.50

SALMON AND EGGS

Best smoked salmon, creamy scrambled eggs on gluten-free toast
£8.50

VEGETARIAN FRY-UP

Flat mushroom, grilled tomato, sautéed potatoes, fried free-range eggs, herby baked beans, buttered spinach, gluten-free toast
£9.95

EGGS BENEDICT

Toasted gluten-free bread, poached free-range eggs and hollandaise with your choice of smoked salmon, Norfolk ham or wilted spinach
£10.95

CHEESE SCONES

Two mini cheese, Colman's Mustard and chive scones
£4.25

SOUP & TRADITIONAL SANDWICHES

Noon to 4pm

SEASONAL SOUP

The day's vegetable soup served with a warm gluten-free roll
£6.95

SOUP, HOUSE CHIPS AND HALF A TRADITIONAL SANDWICH

The day's vegetable soup served with a sandwich of your choice
£12.50

PRAWN COCKTAIL

Dressed prawn and crayfish cocktail, lemon
£8.95

CORONATION CHICKEN

An Assembly House favourite since the 1960s!
£8.95

NORFOLK HAM

Roast local ham and Colman's Mustard mayonnaise
£7.95

CHEESE AND PICKLE

Mature Cheddar, Branston Pickle V
£7.95

All served on white or multi-seed gluten-free bread with herby homemade slaw
ADD HAND-CUT CHUNKY HOUSE CHIPS £3.50

LIGHT LUNCH & SALADS

Served noon to 4pm

GOAT'S CHEESE SALAD

Toasted goat's cheese, celery, walnuts, apple, grapes, dressed leaves, truffle honey, warm gluten-free bread V
£11.50

CROMER CRAB

Dressed Cromer crab, gluten-free bread, pickled cucumber, lemon, new potato tartare
£14.50

CLASSIC CAESAR SALAD

Crisp baby gem, anchovies, Caesar dressing, Parmesan, gluten-free croutons £10.50
Add grilled chicken breast and streaky dry-cured bacon £14.50

SEAFOOD PLATTER

Potted smoked mackerel, dressed prawns and crayfish, smoked salmon, rolltop herrings, lemon, pickled cucumber, gluten-free bread
£15.00

MRS TEMPLES' CHEESE PLATTER

Three local cheeses from Norfolk's most famous cheesemaker!
Served with chutney, gluten-free bread and celery V
£10.00 for one or £16.00 for two

LUNCH

Served noon to 2pm

GRILLED FISH

Grilled fish of the day, herby new potatoes, lemon, caper and parsley butter, buttered seasonal greens
£16.00

GAMMON AND EGG

Local gammon steak, fries, fried egg, piccalilli
£15.00

STEAK AND CHIPS

Chargrilled 6oz minute steak (served medium rare) fries, green salad, garlic and herb butter
£17.00

BUTTERNUT SQUASH

Roasted butternut squash, red pepper fondue, feta, olives and hazelnut, garlic and basil pesto VG
£14.00

DESSERT, ICE CREAM AND CAKE!

Served noon to 4pm

KNICKERBOCKER GLORY

Our famous sundae, served since the 1960s at The Assembly House
£7.50

ETON MESS

Strawberry and vanilla ice creams, red berries, meringue, whipped cream
£7.50

CHOCOLATE BROWNIE

Warm gluten-free chocolate brownie, raspberry sorbet and hot chocolate sauce
£6.95

AFFOGATO

Best vanilla ice cream with a shot of hot espresso to pour over
£6.50

GATEAU ASSEMBLY

Layer-upon-layer of almond sponge, coffee buttercream and chocolate ganache
£4.95

SCONES

Two mini fruit scones served with Norfolk strawberry jam and clotted cream
£4.25



Separate children's, dairy-free and vegan menus are available - please ask your server.

All our dishes are cooked fresh to order. Our food is prepared in an environment where nuts and shellfish are present. If you have any allergen enquiries please ask a member of our team.
Prices are inclusive of VAT. A discretionary 10 per cent service charge will be added to your bill, 100 per cent of which is distributed between Assembly House staff.