



Breakfast

Available 10am – 6pm

Toasted muffin topped with scrambled egg & chive cream cheese **£4.25**

Welsh rarebit: Cheese on toast with a poached egg and wilted spinach **£4.95**

Wholemeal toast, toasted crumpets or muffins **va**
Two slices with an option of jam, honey or butter
£2.10

Wrap, Panini or Bruschetta

Available 10am – 6pm

Served with salad £5.35

Add coleslaw or 3 bean salad for £5.95

Mexican va

Spicy Mexican beans with sour cream, melted cheese, tomato and coriander salsa

Goat's cheese

Creamy goat's cheese and red onion marmalade topped with rocket

Hummous v

Traditional hummous with roasted vegetables

Smoked Norfolk Dapple

Smoked local cheese with apple & date chutney

Pulse club sandwich v

Three tier smoked tofu, iceberg lettuce and beef tomato sandwich

Side orders £2.40

Olives **gf v**

Ciabatta, olive oil and balsamic vinegar **v**

Sweet potato chips with garlic or chilli mayonnaise **gf v**

Chef's coleslaw **gf v**

8" Cheesy garlic bread **£4.50**

At Pulse we aim to provide a wide variety of choice for vegetarian, vegan and gluten free diets. Our menu is adaptable and the following denote which dishes can be vegan or gluten free.

v – vegan **va** - vegan adaptable **gf** - gluten free **gfa** - gluten free adaptable

Please ask a member of staff for our children's menu.
We have a wireless network available. The code is 7804562381.

Appetizers £4.50
Available 11am -10pm

Spicy Moroccan bean & rice soup served with wholemeal bread **gfa v**

Tomato, basil and mozzarella salad with black olives and rocket **gf**

Vietnamese sweet potato & butternut squash spring rolls with peanut dip **v**

Pulse Sharing Platter £8.50 for 2, £16 for 4

Olives, guacamole, hummus, sundried tomatoes, Smoked Norfolk Dapple, goats cheese terrine, shallot and cucumber chutney. Served with Ciabatta **gf va**

Nachos with salsa, guacamole, sour cream and melted cheese **va gfa £5.95**

Main dishes £7.95

Pumpkin & chickpea burger, coleslaw and sweet potato chips **£6.95** (available without chips £5.50) **gfa v**

Spicy bean enchilada, guacamole, sour cream, tomato and coriander salsa and iceberg lettuce **va**

Thai red curry with smoked tofu, oriental vegetables & coconut rice **v gf**

Grilled halloumi with roasted vegetables sprinkled with pumpkin seeds and a honey & lemon dressing **gf**

Green bean and roasted red onion strudel with puy lentils **v**

Penne pasta with sweet garlic, peas, crème fraiche & veggie parmesan

Potato, onion & goat's cheese tart topped with pea shoots

Margherita pizza **gfa va**

Goat's cheese and red onion marmalade pizza **gfa**

Roasted Mediterranean vegetable and pesto pizza **gfa va**

Puddings £4.95

Espresso chocolate cheesecake **gf**

Blackcurrant mousse with it's own compote **gfa**

Chocolate, cherry and walnut brownie with hot chocolate sauce **gf v**

Moroccan orange cake with compote of oranges with cardamom cream

Selection of ice cream **gf va** - 3 scoops £3.75 1 scoop £1.25