

BREAKFAST, BRUNCH & LUNCH

Premium Wines				
White	Bottle	250ml	175ml	125ml
Pinot Grigio <i>Roberts & Reeves Italy 12%</i>	19.50	7.00	5.00	4.50
The ubiquitous white Italian grape needs little introduction, as its popularity often precedes its taste. An inviting background of ripe pears and crisp apples, bound by a refreshing citrus cut.				
Sauvignon Blanc <i>Honu Marlborough 12.5%</i>	25.00	8.80	6.75	5.50
This classic Sauvignon Blanc is fresh, crisp and zesty with aromas of citrus and passion fruit, combined with intense flavours of lime and gooseberry.				
Gavi <i>Ca'Bianca Tenementi DOCG Piemonte 12%</i>	32.50	11.35	8.70	7.00
Pale gold, with greenish shades, complex and intense bouquet with notes of white flowers, honey and pears. Rich and elegant, soft and mineral.				
Caparrone Pecorino <i>IGT Colline Pescaresi 12.5%</i>	28.00	9.80	7.50	6.10
Vibrant aromas of stone fruit with citrus and grapefruit notes. The palate is crisp and zesty with layers of fresh peachy, tropical fruit characters. Lively and approachable, with texture and minerality giving depth, and backed by lively acidity.				
Viognier / Pinot Gris <i>Ephemera The Rude Mechanicals 13%</i>	35.00	12.10	9.25	7.50
Fine, fleeting and ephemeral, this is a mayfly of a wine. Amazing blend of Viognier and Pinot Gris that has a tropical fruit hit with ginger and a lovely savoury finish. Before you know it the bottle is gone.				
Sancerre <i>Hubert Brochard 13%</i>	49.00	16.80	12.80	10.40
Classic expression of Sauvignon Blanc: citrus aromas, fruity, floral and plant notes. Perfectly matched to seafood, fish & cheese – or simply on its own!				
Rosé	Bottle	250ml	175ml	125ml
White Zinfandel <i>Roberts & Reeves 12%</i>	19.50	7.00	5.50	4.50
The archetypal pink rosé from California's Zinfandel vineyards, where the wine's scent mirrors its flavours. Crushed ripe strawberries finish with a welcome lick of refreshing watermelon.				
Pinot Blush <i>Roberts & Reeves 12%</i>	19.50	7.00	5.50	4.50
This pale blush pink wine has delicate aromas of wild strawberry, apple and honeysuckle. It is crisp and fresh on the palate.				
Domaine de la Vielle Tour <i>Cotes de Provence Rose 12%</i>	35.00	12.20	9.25	7.50
This is a perfect, pale, raspberry-pink wine that is very drinkable. Delicate aromas are followed by lovely sweet fruit from Grenache grapes. Clean and well balanced with good depth.				
Red	Bottle	250ml	175ml	125ml
Merlot, L'or Du Sud <i>France 13.5%</i>	19.50	7.00	5.50	4.50
A medium weighted Merlot, combining tell-tale plum and red berry fruits with a welcome density and succulence. A more than adequate quaffing wine, designed to create a smile at first sip.				
Malbec, Emiliana Adobe Reserva <i>Chilean Organic 13.5%</i>	25.00	8.80	6.75	5.50
Deep ruby-red in colour with vibrant aromas of crushed redcurrant and blackberries. Medium-bodied on the palate with silky tannin, ripe juicy berry fruits and a long, broad finish. An fruit-driven wine that is easy to drink.				
Rioja, Vina Albina <i>Bodegas Riojanas 13.5%</i>	30.00	10.50	8.00	6.50
Characterful and authentic, this Crianza is a blend of Tempranillo and Garnacha. Held in oak barrels for up to a year, the wine willingly offers up its emblematic fruits of strawberry and plum.				
Pinot Noir, MoKo Black <i>Marlborough 13%</i>	32.50	11.35	8.70	7.00
This Pinot Noir reveals a bright nose of fresh cherries and raspberry jelly. On the palate there's dark cherry flavours with a lick of oak.				
St Emilion, Château De Roques <i>Puisseguin 13%</i>	41.00	14.10	10.75	8.70
Garnet red with beautiful intensity of colour. Aromas of spice and floral notes such as iris and violet on the nose. On the palate it is delicate and fruity with intense and persistent flavours of red and black fruit. Tannins are also present, which add excellent balance to the wine.				
Barolo, Alasia <i>Piemonte 14%</i>	54.00	18.50	14.00	11.30
A fine, expressive style with Barolo's classic combination of mature, lightly floral aromas with richness and structure. Dark plum, leather and delicate violet aromas, plus notes of woodsmoke and brown spice. A full, firm and ripe red with rich, powerful flavours. All balanced by ripe tannins, complex savoury notes and a long finish.				

Champagne & Prosecco		
Prosecco - Italy Perfect for any celebration, special occasion or just as a treat. Delicate stone fruit and Lemon flavours. 750ml bottle 24.50 200ml bottle 7.95	Bollinger - France 750ml bottle 70.00	Laurent Perrier Cuvee-Rosé - France 750ml bottle 105.00

Mixers			
Fever Tree Tonic	2.20	Coke	200ml 1.95
Fever Tree Light Tonic	2.20	Diet Coke	200ml 1.95
Fever Tree Elderflower Tonic	2.20	Schwepes Lemonade	200ml 1.95
Fever Tree Ginger Ale	2.20	Mixers	200ml 1.95



Draught Beers

Peroni	½ Pt 2.60	Pt 5.20
UK's No.1 Super Premium Lager 5.1%		
Lacons Encore	½ Pt 2.40	Pt 4.80
Brewed in Great Yarmouth, Winner of the World's Best Ale 3.8%		
Aspalls Cyder	½ Pt 2.50	Pt 5.00
Crafted at the original Cyder House, Suffolk 5.5%		
Rekorderlig Fruit Cider	½ Pt 2.50	Pt 5.00
Strawberry & Lime		
Crafted with love and dedication by fourth-generation local brewers in Sweden 4%		

Bottled Beers & Ciders

Adnams Broadside	4.60
Stella, Budweiser, Corona, Birra Moretti	4.20
Old Mout Cider Berries & Cherries	4.80
Becks Blue 0% Alcohol	2.70
Heineken 0% Alcohol	2.70
Adnams Ghost Ship 0.5% Alcohol	4.70

Spirits

Whisky & Bourbon	
Famous Grouse	3.20
Glenlivet 12 Yr Old	4.20
Jamesons	3.60
Jack Daniels	3.85
Southern Comfort	3.60
Gin	
Gordons	3.20
Gordons Pink	3.20
Gordons Lemon	3.20
Hendricks	3.80
Tanqueray	3.80
Sipsmiths	4.00
Bombay Sapphire	3.20
Tanqueray Sevilla	3.60
Warner Edwards Rhubarb	4.00

Vodka	
Smirnoff	3.20
Russian Standard	3.20
Grey Goose	4.20

Rum	
Bacardi	3.20
Captain Morgan	3.20
Captain Morgan Spiced	3.20
Kraken Black Spiced	3.60

Brandy	
Courvoisier	3.75
Remy Martin	5.30

Liquors & Other Spirits

Malibu	3.20
Kahlua	3.50
Taylors Vintage Port 2015	4.20
Baileys	4.20
Disaronno	3.30
Pimm's	3.50
Archers	3.20
Aperol	3.20
Martini Rosso/Ex Dry	3.20



www.hotelocean.co.uk

BREAKFAST
& BRUNCH

SERVED
UNTIL MIDDAY

Full English	8.95
Butchers Sausage, 2 rashers of Smoked Back Bacon, Fried Egg, Mushrooms, Tomato, Beans & Hash Brown. Plus a slice of toasted & buttered White or Granary Bloomer	
Additional items - meat items 1.75, other items 1.25	
Add Black Pudding for 1.75	

Vegan Full English	7.95
2 Meat Free Sausages, Fresh Grilled Tomato, Mushrooms, 2 Hash Browns & Baked Beans. Plus a slice of White or Granary Bloomer	

American Pancakes (5)	7.50
Buttermilk Pancakes topped with Bacon & Maple Syrup	

Fresh Fruit Pancakes (5)	7.50
Buttermilk Pancakes topped with Fresh Fruit, Greek Yogurt & Fruit Compote	

Bacon Sandwich	5.95
Plain & simple on White or Granary Bloomer	
Available on Gluten Free bread	

Breakfast Sandwich	7.50
White or Granary Bloomer Bread filled with 2 Butchers Sausages, 2 rashers of Smoked Bacon & 2 Fried Free Range Eggs	

Vegan Mushroom & Spinach Muffin	7.75
English Muffin topped with Sauteed Mushrooms, fresh Spinach & topped with Vegan Hollandaise Sauce	

Eggs Benedict	7.75
2 Poached Eggs on buttered Muffin with Ham & Hollandaise Sauce	

Eggs Royale	8.75
2 Poached Eggs on buttered Muffin with Smoked Salmon & Hollandaise Sauce	

Eggs Florentine	7.75
2 Poached Eggs on a buttered English Muffin with fresh Spinach & Hollandaise Sauce	

Toast with Preserves	4.00
2 toasted slices of either White or Granary Bloomer with your choice of preserve (2) - Strawberry, Rasperry, Blackcurrant or Marmalade	

Fresh Fruit Salad, Greek Yogurt, Berry Compote	6.00
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Selection of Pastries	6.50
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Childrens 3 Item Breakfast	4.95
Choose any 3 items from the Full English menu items. Served with a slice of White or Granary buttered toast	
Additional items - meat items 1.75, other items 1.25	

Childrens Kelloggs Cereal Box	2.85
Choose from todays selection of individually served cereals served with semi-skimmed milk	

Coffee & Cake	5.75
Speciality Coffee & slice of Todays Cake	
Add a Flavoured Syrup for 70p, Cream for 70p or an extra shot of Coffee for 95p	

FOOD ALLERGIES & INTOLERANCES
Please speak to our staff about the ingredients in your meal, when making your order. To ensure food allergens are not present you must speak to a member of the team. Although we check all our ingredients, many manufacturers highlight allergens as 'may contain' due to being produced in factories with such allergens. All our meals are also produced in a small kitchen where we can never 100% guarantee there is no cross contamination of ingredients.
Further GF, Vegan and Vegetarian dishes available on request.

LUNCH

SERVED
11AM - 4PM

Classics

Traditional Fish & Chips	12.50
Deep fried in golden batter, served with Mushy Peas & Tartare Sauce	

Breaded Premium Scampi	11.50
Served with Chips & Salad	

Homemade Lasagne	12.50
Beef Ragu layered with Pasta & topped with Creamy Bechamel Sauce & Mature Cheddar Cheese. Served with Chips & Salad	

Norfolk Ham, Eggs & Chips	11.25
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Chilli Con Carne	12.00
Slow cooked Minced Beef or Vegan Bean Chilli with Chipotle Chillies, served with White Rice & Nachos	

Handmade Filled Pasta

Speck Ham & Scamorza Cheese Tortelloni	14.50
Carbonara Sauce, Coppa Ham, grated Parmesan & Rocket	

Pizzas

Our 12" Pizzas are made using authentic Artisan hand-kneaded bases direct from the Quelli Della Bakery in Rome

Margarita	9.75
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*Available as a Vegan dish

Chicken Supreme	13.00
With Peppers & Red Onion	

Pepperoni	12.50
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Freshly Prepared
Crisp Salads

Caesar	9.00
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Crisp leaves dressed in Caesar Dressing with Croutons, Parmesan Cheese & Cherry Tomatoes

With Hot Chicken Breast	13.00
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With Baked Salmon Fillet	13.50
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Vegan	12.00
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Quinoa with Tomatoes, Olives, Cucumber, Peppers & herbs in a Lemon Vinaigrette served with seasoned New Potatoes

Seafood	16.00
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Prawns, Crayfish & Smoked Salmon served with buttered New Potatoes

Ploughmans	13.00
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Norfolk Ham, Cheddar Cheese, Pickles & Warm Baguette

Ravioli with Crayfish & Prawn	16.50
with a hint of Chilli, Tomato & Cream Sauce, Broad Beans	

Vegan Pumpkin & Sage Tortelloni	14.50
Pesto & Pine Nuts	

Ham & Pineapple or Mushroom	12.50
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Vegi Supreme	12.00
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*Available as a Vegan dish

Tuna, Red Onion & Olives	14.00
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Marsh Pigs Coppa Ham	14.00
Parmesan & Rocket	

Marsh Pigs Nduja	14.00
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Spicy Pork Sausage

Chilli Flakes, Parmesan & Rocket

Sandwiches & Baguettes		
Served with Salad, Coleslaw and Crisps		
Sandwiches available on Gluten Free Bread		
	SANDWICH	BAGUETTE
Mature Cheddar & Branston Pickle	6.45	7.45
Norfolk Ham & Vine Ripened Tomato	6.45	7.45
Classic BLT	6.95	7.95
Tuna Mayonnaise & Cucumber	6.45	7.45
Chicken Breast Mayonnaise	6.75	7.75
Prawn Salad with Marie-Rose Sauce	8.25	9.25
HOT	Steak, Cheese & Red Onion	
	9.75	

Paninis

Served with Salad Garnish, Coleslaw & Crisps

Mozzarella, Basil Pesto & Tomato	7.75
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*Available as a Vegan dish

Cheese & Tuna Melt	7.75
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Smoked Bacon, Cranberry & Brie	7.75
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BBO Chicken & Cheddar Cheese	8.25
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Bakery

Homemade Artisan Sausage Roll	3.75
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Homemade Vegan Sausage Roll	3.50
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Slice of todays homemade Cake	3.25
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Fruit Scone, Strawberry Jam	
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& Clotted Cream	3.75
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Toasted Giant Tea Cake	3.25
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Jacket Potatoes

Served with Salad Garnish & Coleslaw

Available without butter or butter substitute for Vegan - please ask at time of ordering

Baked Potato with Beans or Cheese	7.95
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*Available as a Vegan dish

Baked Potato with Tuna Mayonnaise	8.45
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Baked Potato with Prawns in a Marie-Rose Sauce	9.25
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Baked Potato with Chilli (Beef or Vegan)	8.50
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From the Grill

12oz Specially Selected Sirloin Steak	22.00
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Served with Chips, Salad, Onion Rings, Mushrooms, Tomato & Peas

With King Prawns in Garlic Butter	28.50
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With Peppercorn Sauce or Blue Cheese Sauce	24.00
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Hunters Chicken	12.50
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Breast of Chicken topped with Smoked Bacon, BBQ Sauce, Mature Cheddar Cheese. Served with Chips, Salad Garnish & Coleslaw

6oz Gourmet Steak Burger	
Served in a Brioche Bun with Salad, Chips & Coleslaw	
Plain & Simple	10.50
Cheddar Cheese	11.50
Chilli Con Carne	14.00
BBQ with Bacon & Cheese, BBQ Sauce	14.00

Vegan Spicy Bangkok Burger	10.50
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Served in a Brioche Style Bun, Chips & Citrus Slaw

Vegan Meat Style Pattie with Vegan Cheese	11.50
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Served in a Brioche Style Bun, Chips & Citrus Slaw

DOUBLE UP
ANY BURGER FOR AN EXTRA 4.00

ADD CHIPS for 2.45

ADD CHEESE for 1.85

UPGRADE CHIPS TO SWEET POTATO FRIES for 2.00

Sides & Shares

Salt & Pepper Squid (8)	7.00
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Halloumi Sticks (8)	6.00
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Chicken Strips (4)	6.00
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Garlic Baguette	2.25
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Cheesy Garlic Baguette	3.45
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Sweet Potato Fries	3.50
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Chips	2.45
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Mixed Olives	3.75
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Homemade Coleslaw	2.25
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Beer Battered Onion Rings	3.00
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Blue Cheese Sauce	2.75
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Peppercorn Sauce	2.75
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Desserts all 7.50
Ask for today's Dessert Menu

Childrens Menu

Little Sailors Fish & Chips	6.45
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Chicken Strips (2), with Chips & Baked Beans	6.45
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4oz Steak Burger with Chips - (With or without Cheese)	7.45
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Lasagne with Chips or Garlic Bread	6.75
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Ham, Egg & Chips	6.75
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Sausage & Mash with Baked Beans	6.45
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Ham, Cheese or Tuna Sandwich with Crisps	5.45
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Available on Gluten Free Bread

Jacket Potato with either Cheese, Beans or Tuna served with a small Salad Garnish	6.95
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Ice Cream Sundae	2.50
Vanilla Ice Cream with Chocolate or Strawberry Sauce	

Speciality Coffees

All available decaffeinated

Cappuccino	3.05	Flat White	2.95
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Caffe Latte	3.05	Americano	2.95
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Caramel Latte	3.25	Espresso	1.85
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Mocha	3.05	Extra Shot	0.95
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Iced Coffee	3.70
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Including syrup shot of your choice

Flavoured Shots	0.70
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Hazelnut, Vanilla, Cinnamon, Toffee Nut, Caramel

Cream	0.70
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Teas & Hot Chocolates

Premium Tea Pigs Teas	2.15
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Everyday Brew, Chamomile Flowers, Chai, Decaffeinated Honeybush & Roobois, Lemon & Ginger, Mao Feng Green Tea, Liquorice & Peppermint, Rhubarb & Ginger, Apple & Cinnamon, Superfruit Berries, Darjeeling, Earl Grey

Hot Chocolate	3.05
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Premium Hot Chocolate with Marshmallows & Cream	3.65
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Milkshakes	4.50
Oreo, Strawberry, Banana, Chocolate or Caramel	

Cold Soft Drinks

Premium Bottled Water	2.00
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330ml Hildon Natural Mineral Water - Still or Sparkling

330ml Original Glass bottled Coke/Diet Coke/	
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Coke Zero/Sprite/Fanta Orange or Lemon	2.65
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Frobishers Fusion	2.70
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Only 2 ingredients; fruit juice and a splash of water
Apple & Mango, Orange & Passion Fruit or Apple & Raspberry

Appletiser	2.65
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San Pellegrino	2.65
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Sparkling Orange or Lemon

Fruit Shoot	1.70
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Blackcurrant or Orange

Milk	1.85
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Bottle Green Elderflower Presse	2.70
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Fentimans	2.70
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Victorian Lemonade, Rose Lemonade, Ginger Beer

Red Bull	2.70
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Frobishers Premium Fruit Juice	2.70
Orange or Apple	