Norfolk Passport prices in brackets.



### SMALL PLATES

### **CCC (Colombo Cauliflower & Chicken Spring Rolls)**

Crispy spring rolls filled with shredded cabbage, mild chilli, and a Colombo-spiced cauliflower and chicken mix. Served with a zesty tomato dip and fruity chilli mayo (DF) £7.95 (£7.16 NP)

#### **Dry-Fried Beef**

Crispy beef strips coated in aromatic spices served with carrot, pickled red onion, crispy chilli, and mango mayo (LGA, DF) £7.95 (£7.16 NP)

#### **Sambal Chicken Wings**

Crispy chicken wings glazed in a sweet and spicy sambal sauce, topped with fresh chilli and spring onions (LG, DF) £7.50 (£6.75 PP)

#### **Stuffed Chilli Cheese Naan**

Warm naan filled with spicy cheese served with creamy tomato butter sauce, chaat masala, and a mixed salad £6.75 (£6.08 P)

Sliced potatoes dipped in aromatic gram flour batter and fried, served with coriander yoghurt and pomegranate (LG, DF, VEA, V) £7 (£6.30 NP)

**Beef Keema Flatbread** 

Aromatic beef patty served in a toasted

flatbread, topped with aloo pakora, mildly

spiced coleslaw, and masala fries (DF)

£14.50 (£13.05 LD)

Rajeevkanth's Sri Lankan Coconut Dhal

Creamy red lentil curry with spinach, cumin

rice, and a poppadom (LG, DF, VE) £13.50 (£12.15 DD)

Masala Poppadom

Poppadoms topped with tangy salsa,

sesame seeds, chaat masala, date pickle,

and a drizzle of chilli oil (LG, DF, VE)

£7 (£6.30 NP)

Aloo Pakora

### LARGE PLATES

### Thaali Sharer (for two)

A feast of Sambal wings, dry-fried beef, butter chicken, aloo pakora, chilli paneer, pickled onions, rice, naan, and coriander yoghurt £28.50 (£25.65 )

#### **Marinated Ginger & Garlic Seabass**

Served with creamed coconut and coriander korma sauce, red pepper, spinach, rice, and a poppadom (LG, DF) £14.75 (£13.28 12)

#### **Butter Chicken**

Garlic naan, cumin rice, mango chutney (LGA) £15.50 (£13.95 12)

#### **Chilli Paneer**

Our handmade fried paneer, served with a dry-roasted mixed pepper, onion, and rich tomato sauce, alongside masala fries and spiced slaw (LGA, DF) £13.95 (£12.56 NP)



Wi-Fi Code: theffolkes

**Norfolk Passport Price** 

SIDES

**Cumin Rice** Cumin rice, coriander yoghurt & poppadom (LG, DFA)

£4.75 (£4.28 NP)

### **Spiced Asian Slaw**

Cabbage, red onion, carrot, diced pineapple, toasted crushed cumin seeds, lemon, and yoghurt (LG) £4.25 (£3.83 NP)

### **Masala Fries** Chaat masala

& paprika seasoning (LG, DF) £4.75 (£4.28 NP)

### Chilli Cheese Naan £5.25 (£4.73 112)

£1.50 (£1.35 🚾 ) each

Poppadom & Date Pickle (LG, DF, VE)



We follow good hygiene practices in our kitchen, however, due to the wide range of ingredients served, foods may be at risk of cross-contamination as THIS KITCHEN DOES HANDLE NUTS, GLUTEN, SOYA, AND DAIRY PRODUCTS.

If you have any allergies or intolerances please speak to a member of staff prior to ordering.









(VE) Vegan (VEA) Vegan Available (V) Vegetarian (LG) Low Gluten (LGA) Low Gluten Available (DF) Dairy Free (DFA) Dairy Free Available

### BRAND STORY

At Ruchi, we live by the Indian saying Atithi Devo Bhava -"Guest is god." This philosophy guides every moment here, where Christo and his talented team- Joby, Umesh, and Rajeevkanth - believe each guest should be welcomed and celebrated as a god. For them, food is more than a meal; it's an invitation to connect, a gesture of respect, and a chance to share the warmth and vibrancy of their South Indian and Sri Lankan heritage with everyone who visits Ffolkes.

Ruchi's menu is inspired by the flavours of Christo's upbringing in Kerala, South India, known as "God's Own Country." Surrounded by lush backwaters, golden fields, and vibrant markets filled with spices, Kerala is a place where food is deeply rooted in culture, celebration, and tradition. Christo, along with Joby, Umesh, and Rajeevkanth, brings Kerala's essence to life with modern twists on traditional dishes, using aromatic spices, fresh ingredients, and familyinspired recipes. Each bite is crafted to give you a taste of Kerala's soul - a celebration of heritage, hospitality, and heartfelt cooking.











# FFOLKES FFOLKES

Norfolk Passport prices in brackets.

**PROPER PIE, MASH & GRAVY £16.25 (£14.63 101)** 

### CHOOSE YOUR PIE



Steak & Ale topped with roasted beef (LG)



Chicken, Bacon & Mushroom stacked with pigs in blankets



Country Vegetable with Yorkshire pudding & stuffing (VEA, LGA)



Mushroom, Blue Cheese & Spinach spiked with crispy stuffed mushrooms (V. LG)

### **SIDES**

Mushy Peas £4.25 (£3.83 1 ) (LG, DF, V, VE)

Sauteed Greens £4.50 (£4.05 D)

Cauliflower & Broccoli Cheese £5 (£4.50 11) (LG)

Honey-Roasted Root Vegetables £4.50 (£4.05 P) (LG, DF, V)



**ADD MASH** 

Buttery (LG, VEA); Blue Cheese (LG)
Truffle (LG, VEA); Smoked Garlic (LG, VEA);
Smoked Bacon (LG)



**ADD GRAVY** 

Beef (LG, DF)
Vegetable (LG, DF, V, VE)



**FFOLKES** 

## DESSERTS

### APPLE & CINNAMON CRUMBLE SUNDAE

Apple and cinnamon compote, vanilla ice cream, custard, homemade crumble, apple crisps (LGA, VEA)

£8.50 (£7.65 ND)



With strawberry gelato (V)
£8.95 (£8.06 )

## THE KINDER PANCAKE STACK TO SHARE

With milk chocolate sauce, Kinder Bueno, caramel ice cream, and chocolate shavings (V)

£14 (£12.60 112)

## WARM DOUBLE CHOC&LATE BROWNIE

With chocolate gelato and butter candy (LG, V, VEA)
£8.75 (£7.88 )

### UPER STICKY TOFFEE PUDDING

With custard or vanilla ice cream (or both for an extra 75p!) (V)

£8.75 (£7.88 12)

### BANOFFEE SUNDAE

With fresh banana, caramel & banana gelato, proper condensed milk toffee sauce, shortbread crumb, topped with lashings of whipped cream (V)

£8.50 (£7.65 D)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRUNCH	BRUNCH	BRUNCH	BRUNCH	BRUNCH	BRUNCH	BRUNCH
7.30am-1pm	7.30am-1pm	7.30am-1pm	7.30am-1pm	7.30am-1pm	7.30am-12pm	7.30am-11am
GUAC & MOLE & PIE KITCHEN	RUCHI & PIE KITCHEN	OISHII & PIE KITCHEN	GUAC & MOLE & PIE KITCHEN	OISHII	OISHII	PIE FEAST
5pm-8.30pm	5pm-8.30pm	5pm-8.30pm	5pm-8.30pm	5pm-8.30pm	1pm-8.30pm	12.30pm-6pm
						RUCHI

FEAST TIMETABLE

& PIE KITCHEN
6pm-8pm

We follow good hygiene practices in our kitchen, however, due to the wide range of ingredients served, foods may be at risk of cross-contamination as THIS KITCHEN DOES HANDLE NUTS, GLUTEN, SOYA, AND DAIRY PRODUCTS.

If you have any allergies or intolerances - please speak to a member of staff prior to ordering.







