



DRINKS



Welcome to The Hero, our laid back, lively & dog friendly pub set in the beautiful village of Burnham Overy Staithe.

We offer food daily from 12pm through to 9pm, however, please note that our kitchen is closed for a short window between 4pm-5pm. We always aim to provide a seasonally influenced menu using locally sourced, quality produce.

We also have a great selection of beers, wines and spirits, hopefully something to quench all thirsts!

If you happen to be seated outside then please head on over to our Shed to place your order, if you're seated inside in either our bar or dining room, we offer table service throughout, so please take the weight off and let us come to you!

### Heroic Libations

Fancy something a little bit special without the 'special' price tag?

We always have a spirit on the bar and a wine or two in our cellar that are a little cut above the rest, but we offer them at cost price, so please ask a member of our team what we have at present, your tastebuds will thank you!

### Draught Beer & Cider

Pravha 4% .....	5.95
Peroni 5% .....	6.85
Jubel 4% .....	6.85
Guinness 4.2% .....	6.85
Aspalls 4.5%.....	5.85
Woodforde's Wherry 3.8%.....	5.60
Rotational Cask.....	5.60

### No & Low

Big Drop Pine Trail 0.5% .....	4.50
Peroni 0.0% .....	4.65
Adnams Ghostship 0.5% .....	5.00
Lucky Saint 0.5% .....	5.00
Guinness 0.0% .....	5.00
Thatchers Zero 0.0% .....	5.00

### Bottled Beer & Cider

Modelo 4% .....	4.85
Peroni GF 5.1%.....	4.85
Barsham Brewery Ales .....	5.00
Thatchers Blood Orange 4%.....	5.75
Thatchers Apple & Blackcurrant 4%.....	5.75

### Spritzes

Pornstar Spritz .....	10
Aperol Spritz .....	10
Pimms Cup .....	9
Norfolk Gin Blueberry Collins .....	10
Italian Spritz (Non-Alcoholic) .....	7





### Gin

Bombay Sapphire .....	5.25
Hendricks .....	5.75
St Giles .....	5.85
St Giles Mandarin & Passionfruit .....	5.85
St Giles Raspberry & Rhubarb .....	5.85
St Giles Dark Fruits .....	5.85
Tarquin's Blood Orange .....	6.25
Norfolk .....	6.25
Tanqueray 10 .....	6.50

### Whisky

Monkey Shoulder .....	5.25
Jameson's .....	5.25
Bulleit .....	5.50
Laphroaig 10yr .....	6.00
Bladnoch Alinta .....	6.25
Bruichladich 10 ISLAY .....	6.50
English Whiskey Co. ....	6.50
English Whiskey Co. Smokey .....	6.50
Hakushu .....	8.50

### Fevertree Tonics

Regular Tonic .....	2.75	Mediterranean Tonic .....	2.75
Light Tonic .....	2.75	Ginger Ale .....	2.75

### Rum

Havana 3yr .....	5.50
CUT Spiced .....	5.50
Koko Kanu .....	5.50
Appleton Estate Signature .....	6.00
Ron Zacapa .....	6.50

### Vodka

Absolut .....	5.25
Absolut Mango .....	5.50
Absolut Raspberri .....	5.50
Black Cow .....	6.00

### Brandy

Courvoisier VS .....	5.50
Castarede VS Bas Armagnac .....	6.00
Berneroy Fine Calvados .....	6.00
Courvoisier XO .....	7.50

### Tequila

Olmecca Altos Blanco .....	5.50
Patron XO .....	6.25

All spirits include a draught mixer or add a tonic for 1.50





WINES ARE SERVED 175ML, 250ML OR BY THE BOTTLE

### Whites by the Glass

#### Quinta da Lixa, Signus Vinho Verde

2025 PORTUGAL **V**

Crisp, dry, refreshing and only 10.5% ABV.

7.75 / 9.75 / 29

#### Picpoul de Pinet, Reserve de la Roquemoliere

2023 FRANCE **V**

Delicate and floral, a crowd pleasing wine that pairs beautifully with shellfish.

9 / 11 / 32

OUR HERO FAVOURITES

#### Pinot Grigio, Venezie Vigna Mescita

2022 ITALY **V**

Fresh & Fruity Pinot Grigio from Northern Italy with gentle flavours of peaches and pears.

7.25 / 9.25 / 27

#### Don David Malbec, El Esteco

2022 ARGENTINA **V**

A rich Argentinian Malbec, filled with ripe berry and plum flavours.

9 / 11 / 32

### Reds by the Glass

#### Bacca Nera, Negramaro Primitivo

2025 IGT SALENTO

Complex, sophisticated red from southern Italy, full bodied and intense, packed with black cherries and plums, softly sweet on the finish.

7.50 / 9.50 / 28

OUR HERO FAVOURITES

#### Les Mougeottes Pinot Noir, Pays d'Oc

2022 FRANCE

A medium bodied Pinot Noir with flavours of red berry fruit and a silky long finish.

8.25 / 10.25 / 30

#### Viognier IGP Pays d'Oc Longue Roche

2023 FRANCE **V**

Refreshing palate with a smooth and well rounded finish.

7.50 / 9.50 / 28

#### Sauvignon Blanc, Frost Pocket

2025 NEW ZEALAND

A tropical NZ Sauvignon with lime and gooseberry notes.

9 / 11 / 32

#### Monte Llano Tinto Rioja, Ramon Bilbao

2021 SPAIN **V**

100% Tempranillo, brimming with ripe strawberries, blackberries & touch of dark chocolate.

7.50 / 9.50 / 28

#### Anciens Temps Rouge, Merlot / Carignan

2022 FRANCE **V**

A round and full-bodied Merlot blend with ripe fruits coming through.

7.25 / 9.25 / 27

### Whites by the Bottle

#### Gavi di Gavi, La Minaia, Nicola Bergaglio

2022 ITALY **V**

Pairs well with fish & shellfish but equally quaffable on it's own, you'll get flavours of apple, lemon & melon.

36

#### Dragonstone Riesling Off-Dry, Weingut Leitz

2022 GERMANY **V**

A lightly sweet German Riesling, with an interesting complexity and hints of pear, pineapple & lime.

36

#### Albarino, Martin Codax

2022 SPAIN **V**

A bright and clear wine with hints of green apple, pairing beautifully with white meat dishes.

38

#### Carignan, Les Archeres

2022 FRANCE

With hints of vanilla on the nose this is a full flavoured and easy drinking Carignan.

30

#### Bordeaux Supérieur, Chateau Camarsac Vieilles Vignes

2020 FRANCE

A warm, spicy Bordeaux, hints of cinnamon & clove, followed by juicy red and black fruits.

36

#### Ludovico Rosso, Tenute Orestyadi

2019 ITALY **V**

Nero d'Avola & Cabernet Sauvignon grapes are used to produce a full and fruity Sicilian red.

40

OUR HERO FAVOURITES

#### Chardonnay, Cannonball, California

2021 USA

A friendly, easy going and fun Chardonnay with hints of juicy pears and a creamy texture that works stunningly with chicken or seafood.

46

#### Chablis, Joseph Drouhin

2022 FRANCE

An elegant Chablis, aged in older oak barrels for 12 months, herbaceous on the nose with lemon & grapefruit in the mouth.

52

#### The Gentleman Cabernet Sauvignon, Teusner, Barossa

2021 AUSTRALIA **V**

A delicious Barossa Cabernet, stylish, elegant and generously fruited. Tastes of sweet cassis with savoury tannins.

45

#### Chateauneuf-du Pape Rouge, Cuvee Les Pierres

2021 FRANCE **V**

A complex and elegant, ruby red wine, with silky tannins this pairs beautifully with roasted meats and cheese.

52

#### Barolo DOCG, Ascheri

2020 ITALY **V**

100% Nebbiolo grapes, this is a rich and fragrant Barolo with sweet spice and a touch of leather.

60

**V** - VEGAN | WINES CAN BE SERVED AS A 125ML MEASURE UPON REQUEST

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### Rosé & Orange

#### Pinot Grigio Rose, Venetie Vigna Mescita Sartori

2022 ITALY ✓

Citrus notes with strawberry on the finish.

7.25 / 9.25 / 27

#### Cotes De Provence, La Vidaubanaise

2023 FRANCE

A delightful, light pink provencal rose, awash with wild strawberries, lavender & rosemary.

9 / 11 / 32

#### Cobble Hill, Pinot Noir

UK

This wine is from the award winning 3.6 hectare vineyard that sits only a 15 minute drive away from our pub. The perfect summer wine, red fruit flavours and just a hint of citrus.

34

#### Whispering Angel Rose, Chateau D'Esclans

2023 FRANCE

A delightfully fresh rose with tart berries and cream, best enjoyed amongst friends.

52

OUR HERO FAVOURITES

#### Martin Codax, Orange Wine Albarino

SPAIN ✓

Ripe fruit notes such as candied orange and orange jam with crushed roses and herbal notes.

38

### Fizz & Champers

#### Via Vai, NV Prosecco

ITALY ✓

A lively prosecco, fragrant with white flowers, with a delicate lemon & lime freshness in the mouth.

6.50 / 30

#### Gobillard, NV Brut Tradition

FRANCE

A supple & quaffable champagne.

56

#### Veuve Clicquot NV Yellow Label Brut

FRANCE ✓

A happy marriage of apples, pears and hawthorn flowers, enlivened by bubbles.

75

#### Hattingley Valley Classic Reserve

UK

A delicate perfume of hedgerow flowers and a flavour of green apples. Crisp acidic backbone and wonderfully persistent bubbles.

45

#### Haltingly Valley Rosé

UK

A delicate pale pink sparkling rose from Hampshire. Bright red fruit strawberries & raspberries with a not of pomegranate on the nose.

50

### No & Low

#### Wild Life Botanicals Sparkling Blush

UK ✓ 20CL BOTTLE

Wild strawberry aromas, with a palate of strawberries & cream, and Cornish orchard fruits such as crab apple and red apple.

7

#### Eins Zwei Zero Riesling, Leitz

0.0% ABV

Impressively tasty alcohol-free Riesling, with flavours of citrus and rhubarb.

5.25 / 7.25 / 22

### Softs

Appletiser ..... 3.60

The Pickle House Bloody Mary ..... 4.00

Franklin & Sons Elderflower Lemonade ..... 3.80

Franklin & Sons Ginger Beer ..... 3.80

Franklin & Sons Raspberry Lemonade ..... 3.80

Coca-Cola, Diet Coke or Coke Zero ..... 2.75/4.25

Schweppes Lemonade ..... 2.75/4.25

Aqua Libra Still Water ..... 3.00

Aqua Libra Sparkling Water ..... 3.00

Frobishers Apple & Mango ..... 3.60

Frobishers Apple & Raspberry ..... 3.60

Frobishers Orange & Passionfruit ..... 3.60

Eager Cloudy Apple Juice ..... 2.75/4.25

Eager Orange Juice ..... 2.75/4.25

Eager Cranberry Juice ..... 2.75/4.25

Pineapple Juice ..... 2.75/4.25

Cordials ..... 1.50 / 2.50

Blackcurrant, Orange or Lime

### Snacks

Pork Scratchings ..... 1.30

Nobby's Nuts ..... 1.30

Salted, Dry Roasted, Sweet Chilli

Scampi Fries & Bacon Fries ..... 1.30

Pipers Crisps ..... 1.30

Sea Salt, Cider Vinegar & Sea Salt, Cheddar & Onion,  
Jalapeno & Dill, Longhorn Beef, Chorizo, Sweet Chilli

Pooch's Dog Treats ..... 4.00





### Hot Drinks

Americano .....	3.00
Capuccino .....	3.75
Latte .....	3.75
Flat White .....	3.50
Espresso .....	2.75
Double Espresso .....	3.00
Macchiato .....	3.00
Double Macchiato .....	3.50
Mocha .....	3.50
Hot Chocolate .....	3.75
Babycino .....	2.50
Norfolk Tea .....	3.00
Earl Grey, Breakfast Brew, Decaf, Peppermint, Green, Very Berry	

IF YOU'RE HEADING INTO NORWICH, DON'T FORGET TO CHECK OUR OUR OTHER PUBS...



THE WILDMAN  
WILDMANNORWICH.CO.UK



THE DRAWING ROOMS  
DRAWINGROOMSNORWICH.CO.UK



THE TEN BELLS  
TENBELLSNORWICH.CO.UK



THREE STORIES  
THREESTORIESNORWICH.CO.UK



**FANCY STICKING AROUND FOR BREAKFAST?**

**Did you know that you can also stay at The Hero, in one of our 3 beautiful, dog friendly, double rooms?**

**If you want to find out more then please ask a member of the Hero team or check out our website;**

**THEHEROBYRNHAMOVERY.CO.UK**



**WHY NOT GIVE US A FOLLOW  
ON INSTAGRAM**

