

NGCI* MENU

The products on this menu have ***no gluten containing items***. However, items may be in contact with gluten, so **cross-contamination may occur**. The restaurant cannot guarantee any allergen free dishes. Please speak to a manager if you have **severe allergies**.

NIBBLES & SMALL PLATES

Traditional Houmous (ve) topped with paprika, served with hand-cut vegetables or gluten free bread	5.95
Soup of the Day (v) with gluten-free bread	4.50
Hot Buffalo Chicken Wings served with sour cream	7.95
Tandoori Chicken Skewers with leaves & mint yogurt, served with mango chutney	7.95

BURGERS

All in a gluten-free bun, with new potatoes or salad

Halloumi (v) grilled halloumi, crushed avo, lettuce, tomato, salsa dressing	13.95
Peri Peri Chicken & Avo Burger lettuce, tomato, mild peri marinated chicken breast, garlic aioli topped with freshly crushed avo	13.95
Beyond Burger (v) Add vegan cheese 1.50 topped with spicy refried beans, red onion chutney, gherkin in a vegan brioche bun	13.95
Add cheese, egg or bacon	1.50

BRUNCH & LUNCH til 4pm everyday

Smashed Avo (v) served on GF bun with poached egg, rocket & chilli flakes. Add: halloumi – £2, streaky bacon – £2, egg – £1	7.50
Full English bacon, mushroom, grilled plum tomatoes, two poached eggs, baked beans with GF toast	8.95
Halloumi Breakfast (v) (ve option available) poached egg, mushrooms, grilled tomato, sliced avocado, baked beans, GF toast	8.95
Grilled Halloumi & Houmous Sandwich (v) halloumi, houmous, lettuce and tomato, topped with avo on a GF muffin	7.95
Corn Fritters (v) served with avocado, poached egg, topped with hollandaise sauce & sriracha	7.95

LARGE PLATES

Superfood Buddha Bowl (v, ve without feta) quinoa dressed with mint & fresh lemon, cucumber, walnuts, raisin, tenderstem broccoli, topped with seeds, pomegranate & feta	11.50
Sunset Buddha Bowl (v) bed of leaves & rocket, sweet red onions, pine nuts, golden beetroot topped with grilled goat's cheese on gluten-free bread, balsamic vinegar and pumpkin seeds	11.50
Burrito Bowl (ve) roast chipotle sweet potato, roast red peppers, black beans, rice, crunchy cabbage slaw, crushed avo	11.50
Add to your Buddha bowl	3.00
Poached salmon fillet, Two tandoori chicken skewers, Grilled halloumi	
Malaysian Curry spicy! (ve) sweet potato, chickpeas, courgettes, peppers served with fragrant rice topped with crushed cashew nuts and fresh coriander	13.95

FROM THE GRILL

Steak Cooked to your liking	8oz sirloin 17.95
	10oz rump 19.95
with a tomato & mushroom garnish and new potatoes or salad. Add peppercorn sauce for 2.50	
Gammon with egg, homemade pineapple chilli jam with parsley butter new potatoes or salad	12.95
Grilled Salmon with bearnaise, parsley butter new potatoes with tenderstem broccoli & toasted almonds	15.95

SIDES & UPGRADES (v)

House Salad	3.95	Homemade Coleslaw	3.50
Tenderstem Broccoli & Parsley Butter		New Potatoes	
Toasted Almonds	3.95	Potatoes	3.95

DESSERTS

Honeycomb Sundae (v) vanilla & honeycomb ice cream, chocolate sauce, topped with whipped cream & hand-made 'Crunchie'	6.95
Vegan Ice Cream (ve) choose from: vanilla, strawberry or chocolate	1.50 per scoop
Sticky Toffee Pudding (v) with cream or ice cream	6.95

(v) vegetarian
(ve) vegan

Please ask your server for **allergen information**. Due to the hand-crafted nature of menu items, the variety of procedures used in our kitchen & our reliance on suppliers, we cannot guarantee that our food will not contain traces of allergens.

Automatic

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