

# GLUTEN FREE

SERVED ALL DAY

## SMALL PLATES

|   |   |   |
|---|---|---|
| <b>Traditional Houmous (ve)</b> £4.95<br>topped with paprika, served with hand cut vegetables | <b>3 Dip Combo (v)</b> £6.95<br>houmous, baba ganoush, spinach & feta houmous served with served with hand-cut vegetables | <b>Lemon &amp; Herb Chicken Skewers</b> £5.95<br>served with aioli dip                                      |
| <b>Soup of the Day (v)</b> £4.25  | <b>Buffalo Chicken Wings</b> £5.95<br>served with sour cream  | <b>Homemade Chicken Liver Parfait</b> £5.95<br>served with a wedge of gluten-free bread & red onion chutney |

## LARGE PLATES

**Superfood Salad (v) (ve without feta)** £10.95  
red and white quinoa, mixed leaves, mint, coriander, cucumber, avocado & fresh lemon topped with feta, toasted seeds & pomegranate & dressed with lemon oil

**European Buddha Bowl (v)** £9.95  
bed of spinach, grilled peppers, sliced avocado, quinoa, boiled egg & vegan dip

**Add to Superfood or European Buddha Bowl:** halloumi £2, lemon and herb chicken skewers £3, poached salmon £3

**Mediterranean Salad** £11.95  
Choose from **Marinated chicken breast** or **Halloumi(v)**  
mixed leaves, black olives & roasted veg, dressed with basil & herb oil & aioli dip

**Veggie Chilli (v)** £9.95  
sour cream, cheddar cheese and tortilla ribbons, with rice (ve without sour cream & cheese)

## CHARGRILL

LOOK OUT FOR **£10 STEAK EVERY SUNDAY**  
ALL OUR STEAKS ARE 28 DAY AGED

**8oz Rump Steak** £13.95  
**8oz Sirloin Steak** £16.00

Steaks are served with grilled mushroom, cherry tomatoes, with mash or salad

**Smoked Gammon** £9.95  
with egg, pineapple chilli jam & served with mash or salad

**Sea Bass Fillets** £13.95  
two fillets served on sweet potato mash & buttered greens, dressed with salsa verde

## BURGERS

ALL SERVED IN GLUTEN FREE BUN  
WITH MASH OR SALAD

**Classic Beef Burger** £9.95  
lettuce, gherkin, tomato & mayonnaise  
Add cheese or bacon £1.50

**Chicken & Avocado Burger** £10.95  
lemon & garlic chicken breast, served with bacon, lettuce & tomato topped with Sriracha mayo Add cheese £1.50

**Gourmet Burger** £13.25  
served with smoked cheese, bacon & fried egg, homemade relish

**Halloumi Burger (v)** £8.25  
with tzatziki, tomato & lettuce

## SIDES (v)

|                          |       |
|--------------------------|-------|
| <b>House Salad</b>       | £3.25 |
| <b>Buttered Greens</b>   | £3.50 |
| <b>Homemade Coleslaw</b> | £2.95 |
| <b>Sweet Potato Mash</b> | £3.50 |

## BEER

**Estrella Dura Damm (330ml)** £4.30  
The world's most award-winning gluten free beer

## DESSERTS

**3 Scoops of Sorbet** £4.95  
ask for the weekly selection

**Fresh Strawberries & Cream** £4.95

ASK YOUR SERVER FOR FULL **ALLERGEN INFORMATION**

The restaurant cannot guarantee any allergen free dishes. The products on this menu do not contain gluten. However, items may be in contact with gluten, so cross-contamination may occur. Please speak to a manager if you have **severe allergies**.

(v) vegetarian (ve) vegan  
All our chicken is certified halal **except** chicken wings

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