

# GLUTEN FREE

SERVED ALL DAY

## SMALL PLATES

<b>Traditional Houmous</b> (ve) topped with paprika, served with hand-cut vegetables	<b>£4.95</b>
<b>Soup of the Day</b> (v) with gluten-free bread	<b>£4.25</b>
<b>3 Dip Combo</b> (v) houmous, red pepper cream cheese, Moroccan houmous with served with hand-cut vegetables	<b>£6.95</b>
<b>Buffalo Chicken Wings</b> served with sour cream	<b>£5.95</b>
<b>Peri Peri Chicken Skewers</b> with aioli dip	<b>£6.95</b>
<b>Homemade Chicken Liver Parfait</b> served with a wedge of gluten-free bread & red onion chutney	<b>£5.95</b>

## LARGE PLATES

<b>Superfood Salad</b> (v) (ve - without feta) red and white quinoa, mixed leaves, mint, coriander, cucumber, avocado & fresh lemon topped with feta, toasted seeds & pomegranate & dressed with lemon oil	<b>£10.95</b>
<b>Asian Buddha Bowl</b> (v) grated carrots, cucumber, quinoa, raisins, toasted coconut on a bed of leaves, sprinkled with cashew nuts	<b>£9.95</b>
<b>Mediterranean Salad</b> roasted courgettes, red onions, aubergine & peppers mixed with black olives, leaves and rice. Dressed with sweet mustard vinaigrette	<b>£8.95</b>
<b>Add to your salad or Buddha bowl</b> <b>Poached salmon fillet, Two peri chicken skewers, Grilled halloumi</b>	<b>£3.00</b>
<b>Beef Brisket Chilli</b> with rice	<b>£9.95</b>
<b>Chipotle Five Bean Chilli</b> (v) topped with cheese & sour cream, served with rice OR with no sour cream or cheese (ve)	<b>£9.95</b>
<b>Sweet Potato &amp; Spinach Curry</b> (ve) slow-cooked creamy coconut curry with chickpeas & courgettes served with basmati rice	<b>£9.95</b>
<b>Salmon Papillote</b> poached in black pepper & lemon butter with dill & chive mash	<b>£13.95</b>
<b>8oz Rump Steak</b> with grilled tomatoes, mushroom with mash or salad Choose from: peppercorn sauce OR garlic butter	<b>£13.95</b>
<b>8oz Sirloin Steak</b> with grilled tomatoes, mushroom with mash or salad. Choose from: peppercorn sauce OR garlic butter	<b>£16.95</b>
<b>Gammon</b> with egg & homemade pineapple chilli jam with mash or salad	<b>£9.95</b>

## BURGERS

All in gluten-free ciabatta served with mash or salad

<b>Beyond Burger</b> (v)      Add vegan cheese <b>£1.50</b> the world's first plant-based burger that looks, cooks and satisfies like beef without GMOs, soy or gluten	<b>£11.95</b>
<b>Peri Peri Chicken &amp; Avo Burger</b> lettuce, tomato, mild peri marinated chicken breast, garlic aioli topped with freshly crushed avo	<b>£10.95</b>
<b>Classic</b> lettuce, tomato, mayo dressed with finely diced tomato & gherkin	<b>£9.95</b>
<b>Spicy Beef Chilli Burger</b> lettuce, tomato, beef chilli, cheese, sour cream & jalapeños	<b>£13.95</b>
<b>Add cheese, egg or bacon</b>	<b>£1.50</b>
<b>Steak &amp; Ale Sandwich</b> sirloin steak on grilled GF ciabatta with Dijon mustard & rocket	<b>£12.95</b>

### SIDES & UPGRADES (v)

<b>House Salad</b>	<b>£3.25</b>
<b>Buttered Greens</b>	<b>£3.50</b>
<b>Homemade Coleslaw</b>	<b>£2.95</b>
<b>Creamy Mashed Potato</b>	<b>£3.50</b>

### 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 this week's selection of flavours

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**.