

# GLUTEN FREE

The products on this menu do not contain gluten. 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**.

ASK YOUR SERVER FOR FULL **ALLERGEN INFORMATION**

## NIBBLES & SMALL PLATES

<b>Traditional Houmous</b> (ve)	<b>4.95</b>
topped with paprika, served with hand-cut vegetables	
<b>Soup of the Day</b> (v)	<b>4.25</b>
with gluten-free bread	
<b>Hot Buffalo Chicken Wings</b>	<b>6.95</b>
served with sour cream	
<b>Peri Peri Chicken Skewers</b>	<b>6.95</b>
with aioli dip	

## BURGERS

All in a gluten-free bun, served with mash or salad

<b>Beyond Burger</b> (v)	<b>Add vegan cheese 1.50</b>	<b>11.95</b>
the world's first plant-based burger that looks, cooks and satisfies like beef without GMOs, soy or gluten		
<b>Peri Peri Chicken &amp; Avo Burger</b>		<b>10.95</b>
lettuce, tomato, mild peri marinated chicken breast, garlic aioli topped with freshly crushed avo		
<b>Classic</b>		<b>9.95</b>
lettuce, tomato, mayo dressed with finely diced tomato & gherkin		
<b>Halloumi</b> (v)		<b>8.95</b>
grilled halloumi, lettuce, tomato, salsa dressing		
<b>Add cheese, egg or bacon</b>		<b>1.50</b>

## LARGE PLATES

<b>Superfood Buddha Bowl</b> (v) (ve without feta)	<b>10.95</b>
red and white quinoa, mixed leaves, mint, coriander, cucumber, avocado & fresh lemon topped with feta, toasted seeds & pomegranate & dressed with lemon oil	
<b>Mediterranean Buddha Bowl</b> (v)	<b>8.95</b>
roasted courgettes, red onions, aubergine & peppers mixed with black olives, leaves and rice. Dressed with sweet mustard vinaigrette	
<b>Add to your Buddha bowl</b>	<b>3.00</b>
Poached salmon fillet, Two peri chicken skewers, Grilled halloumi	
<b>Beef Szechuan</b>	<b>10.95</b>
sweet and spicy stir fried beef with basmati rice & dressed with shredded carrots, coriander & sesame seeds	
<b>Five Bean Chilli</b> (v)	<b>9.95</b>
topped with cheese & sour cream, served with rice OR with no sour cream or cheese (ve)	
<b>Fisherman's Curry</b>	<b>11.95</b>
Asian style one-pot seafood, market fish and coconut curry, served with fragrant rice	

## FROM THE GRILL

<b>Steak*</b>	<b>13.95</b>
sirloin cooked to your liking served with mash or salad *eat in only	
<b>Gammon</b>	<b>9.95</b>
with egg, homemade pineapple chilli jam with mash or salad	

## SIDES & UPGRADES (v)

House Salad	3.25	Buttered Greens	3.50	Homemade Coleslaw	2.95	Creamy Mashed Potato	3.50
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## BRUNCH & LUNCH 12 til 4pm everyday

<b>Smashed Avo</b> (v)	<b>6.50</b>
served on GF bun with poached egg, rocket & chilli flakes. Add: halloumi – £2, streaky bacon – £2, egg – £1	
<b>Full English*</b>	<b>7.95</b>
bacon, mushroom, grilled plum tomatoes, two poached eggs, baked beans with GF toast	
<b>*veggie brunch available</b>	
<b>Halloumi</b> (v)	<b>6.95</b>
grilled halloumi, crushed avocado, lettuce & tomato on GF toast	

## DESSERTS

<b>3 Scoops of Sorbet</b>	<b>4.95</b>
ask for this week's selection of flavours	
<b>Honeycomb Sundae</b>	<b>5.95</b>
vanilla & honeycomb ice cream, chocolate sauce, topped with whipped cream & hand-made 'Crunchie'	

## BEER

<b>Estrella Dura Damm</b> (330ml)	<b>4.30</b>
Award-winning gluten-free beer	