

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

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| Traditional Houmous (ve) | 4.95 |
| topped with paprika, served with hand-cut vegetables | |
| Soup of the Day (v) | 4.25 |
| with gluten-free bread | |
| Hot Buffalo Chicken Wings | 6.95 |
| served with sour cream | |
| Tandoori Chicken Skewers | 6.95 |
| with leaves & mint yogurt, served with mango chutney | |

BURGERS

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

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

SIDES & UPGRADES (v)

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|-----------------|------|----------------------|------|
| House Salad | 3.25 | Homemade Coleslaw | 2.95 |
| Buttered Greens | 3.50 | Creamy Mashed Potato | 3.50 |

BRUNCH & LUNCH 12 til 4pm everyday

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

LARGE PLATES

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| Superfood Buddha Bowl (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 | |
| Mediterranean Buddha Bowl (v) | 8.95 |
| roasted courgettes, red onions, aubergine & peppers mixed with black olives, leaves and rice. Dressed with sweet mustard vinaigrette | |
| Sunset (v) | 9.95 |
| 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 | |
| Add to your Buddha bowl | 3.00 |
| Poached salmon fillet, Two tandoori chicken skewers, Grilled halloumi | |
| Tuscan Chicken Supreme | 11.95 |
| boneless, skin-on chicken breast dressed with a sundried tomato, basil & garlic cream sauce, served with mash, topped with parmesan | |
| Five Bean Chilli (v) | 9.95 |
| topped with cheese & sour cream, served with rice OR with no sour cream or cheese (ve) | |
| Fisherman's Curry | 11.95 |
| Asian style one-pot seafood, market fish and coconut curry, served with fragrant rice | |

FROM THE GRILL

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| Steak* | 14.95 |
| sirloin cooked to your liking served with mash or salad *eat in only | |
| Gammon | 9.95 |
| with egg, homemade pineapple chilli jam with mash or salad | |

DESSERTS

| | |
|--|-------------|
| Crème Brûlée | 5.95 |
| with a blueberry jam | |
| Honeycomb Sundae | 5.95 |
| vanilla & honeycomb ice cream, chocolate sauce, topped with whipped cream & hand-made 'Crunchie' | |

BEER

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|-----------------------------------|-------------|
| Estrella Dura Damm (330ml) | 4.30 |
| Award-winning gluten-free beer | |