

# GLUTEN FREE MENU

• EAT • DRINK • RELAX •



## NIBBLES

### BREAD AND OILS £3

Warm sourdough bread + balsamic vinegar + olive oil (v)

### BOWL OF MIXED OLIVES £3

Marinated in lemon & thyme (v)

## STARTERS

### AVOCADO + PRAWN COCKTAIL £6

Avocado & prawns + seasonal fresh salad + bourbon & cajun mayonnaise

## MAIN COURSES

Oven-baked onion + peas + flat mushroom + vine tomatoes + rosemary & garlic potatoes

### 5oz RUMP £9

### 8oz SIRLOIN £15

### BACON STEAK £11

Bacon steak + free-range fried egg

### CAESAR SALAD £9

Chicken breast & pancetta pieces + cos lettuce + Caesar dressing + anchovies

### MINTED LAMB SHANK £14

Slow roasted lamb shank + minted red wine sauce  
+ rosemary & garlic potatoes + spring cabbage + chantenay carrots

### SMOKED COD + PANCETTA £12

Oven baked smoked cod & pan-fried pancetta butter + green beans & dried tomatoes

## SIDES

### SAUTÉED GREEN BEANS + ROASTED CHERRY TOMATOES (v) £2

### ALLOTMENT SLAW (v) £2

### ROCKET + BEEF TOMATO DRESSED SALAD (v) (ve) £2.50

All prices are inclusive of VAT. All items are subject to availability. All fish dishes may contain bones. (v) these dishes are suitable for vegetarians. (gf) denotes gluten free dishes. (ve) denotes vegan dishes. Please be aware that all our dishes are prepared in a kitchen where nuts and gluten are present as well as other allergens. We cannot guarantee that any food item is completely free from allergens, due to the risk of cross contamination. Full allergen and nutritional information is available - please ask a member of the team  
All our products may contain seeds, traces of nuts or nut derivatives.