



GLUTEN FREE MENU

STARTERS

SOUP OF THE DAY
SERVED WITH GLUTEN FREE TOAST
£5.95

SWEET CHILLI PRAWNS
SERVED WITH GLUTEN FREE TOAST
£7.25

MEZE MEAT PLATTER
CHORIZO, PANCETTA, SALAMI, HUMMUS, FETA AND GLUTEN FREE BREAD
£6.95

SCALLOPS
SERVED ON A BED OF LEEKS SAUTEED IN CHILLI BUTTER AND SMOKED STREAKY BACON
£7.75

GLUTEN FREE GARLIC BREAD
PLAIN £3.50 (V)
WITH CHEESE £4.50 (V)

OLIVES (V)
£2.95

BAR MENU

FRESH BEER BATTERED COD
SERVED WITH CHIPS, PEAS AND HOMEMADE TARTAR SAUCE
£12.95

HONEY AND MUSTARD GLAZED HAM, EGGS AND CHIPS
SERVED WITH A SALAD GARNISH
£10.95

LIVER AND BACON
SERVED WITH MASHED POTATO, HONEY ROASTED CHANTENAY CARROTS AND SPROUTING BROCCOLI
£10.95

LAMB SHANK
SERVED WITH MINTED GRAVY, MASHED POTATO, CHANTENAY CARROTS AND SPROUTING BROCCOLI
£13.50

OVEN ROAST CHICKEN BREAST
STUFFED WITH SPINACH, FETA AND CHORIZO SERVED WITH SWEET POTATO CHIPS, CHERRY TOMATOES AND
FRIED ONION
£13.50

PAN FRIED SEA BASS
SERVED WITH A CREAMY DILL MASH, GRILLED ASPARAGUS WITH A LEMON SAUCE
£13.50

OVEN BAKED 8 OZ HAKE FILLET
SERVED WITH GARLIC RICE AND A SWEET CHILLI AND LIME GINGER SAUCE AND TOPPED WITH CRISPY PARSLEY
£14.50

VEGETABLE TERIYAKI STIR FRY
VEGETABLES MARINATED IN TERIYAKI SAUCE WITH CASHEW NUTS AND SERVED ON A BED OF RICE NOODLES (V)
£12.50

WILD MUSHROOM AND RICE NOODLES
SERVED IN A CREAMY PESTO SAUCE TOPPED WITH PARMESAN CHEESE (V)
£12.50



GRILLS

8 OZ 28 DAY MATURED SIRLOIN STEAK
SERVED WITH CORIANDER AND SMOKED PAPRIKA CHIPS, GRILLED TOMATO AND FLAT MUSHROOM
£17.95

8 OZ FILLET STEAK
SERVED WITH SWEET POTATO CHIPS, SPINACH AND CHERRY TOMATOES ON THE VINE
£22.50

8 OZ GAMMON STEAK
SERVED WITH CHIPS, SALAD AND A CHOICE OF PINEAPPLE OR FRIED EGG
£12.95

SAUCES

PEPPERCORN/BLUE CHEESE
£2.50

GLUTEN FREE ROLLS

(LUNCHTIMES ONLY BETWEEN 12PM AND 6PM EXCLUDING SUNDAY)

CRAYFISH AND MARIE ROSE SAUCE
GRILLED MINUTE STEAK WITH CHEESE AND ONION
ROAST VEGETABLES AND HALLOUMI (V)
BRIE AND BACON

ALL SERVED WITH A SALAD GARNISH
£6.95

SIDE ORDERS

OLIVES £2.95

GLUTEN FREE BREAD AND BUTTER £1.50

MIXED VEGETABLES £2.50

HAND CUT CHIPS £2.50

CHEESY CHIPS £3.50

SIDE SALAD £1.50

COLESLAW £1.50

ALL FOOD IS COOKED TO ORDER PLEASE BE UNDERSTANDING IF ANY
DISHES ARE UNAVAILABLE

PLEASE LET US KNOW IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS

PLEASE NOTE THAT SOME DISHES MAY CONTAIN NUTS OR SMALL FISH BONES