

NON-GLUTEN CONTAINING INGREDIENTS MENU

STARTERS

(V) HOMEMADE SEASONAL SOUP with a gluten free bread roll £5.25

SALADS

(V) BAKED GOATS CHEESE mixed leaves with roasted red pepper and a red onion marmalade £6.95/£11.95

SUPERFOOD SALAD with grilled chicken breast, goats' cheese, cucumber, radish, pistachio nuts and mixed leaves with pomegranate dressing £7.95/£13.95

KING PRAWN & CRAB MEAT with peas, purple grapes, mange tout and chilli apple sour cream dressing £7.95/£14.95

MAINS

PAN ROASTED CALVES LIVER with garlic mash, carrots, pickled red cabbage & sticky onion relish £15.95

PULLED LAMB SHOULDER WITH A LAMB CUTLET with dauphinoise potatoes, puréed carrots, red cabbage and redcurrant sauce £17.95

PAN FRIED GRESSINGHAM DUCK BREAST with red cabbage, carrots spinach, roasted potatoes and Madeira sauce £17.95

BAKED HADDOCK FILLET with pea purée and hand cut chips £13.45

PAN FRIED CHICKEN BREAST WRAPPED IN PARMA HAM with broccoli, crushed potatoes, edamame beans and silver skin onions with lemon & sage sauce £14.95

SEA BASS FILLETS with brown shrimp, spinach, green beans, pan roasted potatoes and caper & lime butter £16.95

PAN FRIED HAKE with garlic layered potatoes, mushrooms, leeks and pea & mint sauce £15.95

CHARGRILLED 10oz GAMMON with poached duck egg, pineapple and hand cut chips £13.95

28 DAY AGED RIBEYE STEAK with baked field mushroom, grilled plum tomato and hand cut chips £19.95

28 DAY AGED FILLET STEAK with baked field mushroom, grilled plum tomato and hand cut chips £25.95
(Add a sauce for £1.95 / Peppercorn, garlic and herb butter, Merlot red wine)

MOROCCAN TOFU SKEWERS with patatas bravas, salsa verde and mixed leaves £11.95

DESSERTS

ICE CREAM & SORBET SELECTION £5.25

FRESH FRUIT SALAD £5.95

Please note that we do endeavour to keep the fryer oil used for our chips free from gluten, however this is not always possible. If you suffer from a severe intolerance then please enquire with a member of the management team as to whether the oil can be guaranteed to be gluten free at the time of your visit.

Our sauces are made in-house using a thickening agent that does not list any cereals within its ingredients. It does however state that it may contain wheat.