

non-gluten containing ingredients menu

starters

homemade seasonal soup (v) with a gluten free bread roll	5.25
marinated olives (v) mixed olives, fresh herbs and garlic	3.95
chargrilled mackerel fillet with baby gem lettuce, artichoke, radish and ginger & lime dressing	6.95

salads

baked goats cheese (v) mixed leaves with roasted red pepper and a red onion marmalade	7.95/13.95
--	------------

mains

seabass fillets with brown shrimp, spinach, green beans, pan roasted potatoes and caper & lime butter	16.95
plaice stuffed with salmon mousse with new potatoes, green beans, heritage tomatoes, shallot salad and dill & caper sauce	15.95
baked haddock fillet with pea purée and hand cut chips	13.45
28 day aged 10oz rump steak with baked field mushroom, grilled plum tomato and hand cut chips <i>(add a sauce for £1.95 / peppercorn, garlic & herb butter, merlot red wine)</i>	17.95
28 day aged 8oz ribeye steak with baked field mushroom, grilled plum tomato and hand cut chips <i>(add a sauce for £1.95 / peppercorn, garlic & herb butter, merlot red wine)</i>	20.95
28 day aged 8oz fillet steak with baked field mushroom, grilled plum tomato and hand cut chips <i>(add a sauce for £1.95 / peppercorn, garlic & herb butter, merlot red wine)</i>	25.95
Thai spiced chicken skewer brushed with lime butter, served with salsa potatoes & paprika mayonnaise	14.95
Pesto halloumi skewer (v) with peppers, courgettes, aubergines & red onions served with salsa potatoes	13.95
Argentinian beef skewer marinated in chimichurri sauce, served with salsa potatoes & garlic dip	15.95

desserts

ice cream & sorbet selection	5.45
fresh fruit salad	5.95
chocolate truffles	6.25

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 (Mc Dougalls) that does not list any cereals within its ingredients. It does however state that it may contain wheat.