

non-gluten menu

while you wait

GARLIC MARINATED OLIVES (VE) 3.50

SALTED PORK CRACKLING 4.25

starters

RED LENTIL, AVOCADO & PLUM TOMATO COCKTAIL (V) 6.25
CUCUMBER, GEM LETTUCE, RED PEPPER, HERB OIL, LEMON, NON-GLUTEN BREAD

GOAT'S CHEESE & SWEET ONION BRUSCHETTA (V) 7.25
NON-GLUTEN BREAD, OLIVE OIL, TRACKLEMENTS ONION MARMALADE, BALSAMIC REDUCTION, HERB OIL

PRAWN COCKTAIL 7.25
MARIE ROSE SAUCE, PAPRIKA, TOMATO, CUCUMBER, GEM LETTUCE, LEMON, NON-GLUTEN BREAD, BUTTER

POSH WHITEBAIT 6.95
SMOKED PAPRIKA, CRISPY KALE, HOMEMADE TARTARE SAUCE, LEMON

mains

WILD MUSHROOM & LEEK CHICKEN SUPREME 14.25
PAN-SEARED CHICKEN, CREAMY MASH, TENDERSTEM BROCCOLI, CREAMY WILD MUSHROOM AND LEEK SAUCE

PAN-SEARED HADDOCK FILLET 14.25
GARLIC-ROASTED NEW POTATOES, TENDERSTEM BROCCOLI, CRISPY KALE, LEMON, PARSLEY, LEMON AND CAPER BUTTER SAUCE

GOOD HEALTH SALAD (VE) 9.95
ASPARAGUS, CUCUMBER RIBBONS, PEAS, RADISH, SPINACH, FRISÉE LETTUCE, POMEGRANATE SEEDS, SPRING ONION, PINEAPPLE AND LEMONGRASS DRESSING **ADD GRILLED HALLOUMI 2.50, GRILLED CHICKEN 3.00, GRILLED PRAWNS 4.00**

LEMON & GARLIC CHICKEN 13.25
SLOW COOKED CHICKEN LEG, GARLIC-ROASTED NEW POTATOES, SUMMER SALAD, LEMON, PARSLEY

BABY CORN & EDAMAME CURRY (VE) 11.25
LIME AND CORIANDER RICE, ROASTED PAK CHOI, RED PEPPER CURLS

puddings

COFFEE & MINI DESSERT (V) 5.15
SALTED CARAMEL CHOCOLATE BROWNIE, STRAWBERRY MESS, CRÈME BRÛLÉE WITH TOASTED PISTACHIO AND ALMOND CRUMB

STRAWBERRY MESS (V) 6.25
CRUSHED MERINGUE, RASPBERRY COULIS, MINT

CRÈME BRÛLÉE (V) 6.25
CARAMELISED SUGAR, TOASTED PISTACHIO AND ALMOND CRUMB

SORBET (VE) 5.50
GREEN APPLE OR ZESTY ORANGE

WARM CHOCOLATE BROWNIE (V) 6.25
HOT CHOCOLATE SAUCE, VANILLA ICE CREAM

DAIRY ICE CREAM (V) 5.50
THREE SCOOPS: HONEYCOMB, INDULGENT VANILLA, STRAWBERRY OR CHOCOLATE

grazing plates 6.50 EACH

SWEET ONION HUMMUS (V)
CRISPY LEEKS, TOASTED SEEDS, NON-GLUTEN BREAD

HALLOUMI CHIPS (V)
MALDON SEA SALT, SWEET CHILLI MAYONNAISE

STILTON MUSHROOMS (V)
FLAT AND CUP MUSHROOMS, PARSLEY, STILTON CREAM SAUCE

BURRATA MOZZARELLA (V)
TOMATO, SHALLOT, PARSLEY, TOASTED SEEDS, HERB OIL, BALSAMIC GLAZE

ZUCCHINI FRIES (VE)
MALDON SEA SALT

PRAWNS PIL PIL
CHILLI, GARLIC AND PARSLEY BUTTER, LEMON, NON-GLUTEN BREAD

BAKED CHORIZO
HONEY, CIDER, NON-GLUTEN BREAD

HUMMUS BUDDHA BOWL (V) 10.95
SWEET ONION HUMMUS, PICKLED BEETROOT, POMEGRANATE SEEDS, RADISH, PEAS, CUCUMBER, RED PEPPER CURLS, CARROT, BABY SPINACH, TOASTED SEEDS, CRISPY LEEKS, KALE, NON-GLUTEN BREAD **ADD GRILLED HALLOUMI 2.50, GRILLED CHICKEN 3.00, GRILLED PRAWNS 4.00**

SEAFOOD PIE 14.95
SALMON, HAKE, PRAWNS, WHITE WINE, PARSLEY, LEMON, CREAM, TOMATO, SPINACH, PEAS, SLICED POTATOES, BUTTERED VEGETABLES

CHEESE & BACON BURGER 12.95
6oz CHUCK BURGER, SEEDED NON-GLUTEN BUN, EMMENTAL, TOMATO, GHERKIN, GEM LETTUCE, BURGER RELISH, SWEET POTATO FRIES OR TRIPLE-COOKED CHIPS

CHICKEN & BACON STACK 12.75
SEEDED NON-GLUTEN BUN, EMMENTAL, TOMATO, GHERKIN, GEM LETTUCE, BBQ SAUCE, SWEET POTATO FRIES OR TRIPLE-COOKED CHIPS

SIRLOIN STEAK 8OZ 19.95
GRASS-FED, 28 DAYS MATURED, GARLIC BUTTER, FLAT MUSHROOM, WATERCRESS, TRIPLE-COOKED CHIPS **ADD A SAUCE: BÉARNAISE (V), STILTON AND MUSHROOM (V) OR PEPPERCORN (V) 1.75 | ADD GRILLED PRAWNS 4.00**

sides

BUTTERED VEGETABLES (V) 3.50
TENDERSTEM BROCCOLI, KALE, CARROTS, LEEKS, PEAS

TRIPLE-COOKED CHIPS (VE) 3.75

SKIN ON FRIES (VE) 3.75

SWEET POTATO FRIES (VE) 3.75

GOOD HEALTH SALAD (VE) 3.00

(V)/(VE) VEGETARIAN/VEGAN FRIENDLY. FISH AND POULTRY DISHES MAY CONTAIN BONES. ALL WEIGHTS ARE APPROXIMATE PRIOR TO COOKING. ALL ITEMS ARE SUBJECT TO AVAILABILITY. **ALLERGEN INFORMATION:** IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS PLEASE SPEAK TO OUR TEAM FOR MORE INFORMATION. OUR KITCHENS CONTAIN MANY INGREDIENTS AND SO WE CANNOT GUARANTEE THE TOTAL ABSENCE OF NUTS, GLUTEN OR OTHER ALLERGENS. A FULL LIST OF ALLERGENS IN EACH DISH IS AVAILABLE FOR YOUR PEACE OF MIND. ALL PRICES INCLUDE VAT. **SERVICE IS NOT INCLUDED. ALL TIPS ARE RETAINED BY THE GRATEFUL TEAM.**