

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)** 6.50
CUCUMBER, GEM LETTUCE, RED PEPPER, HERB OIL, LEMON, NON-GLUTEN BREAD
- GOAT'S CHEESE & SWEET ONION BRUSCHETTA (V)** 7.50
NON-GLUTEN BREAD, OLIVE OIL, TRACKLEMENTS ONION MARMALADE, BALSAMIC REDUCTION, HERB OIL
- PRAWN COCKTAIL** 8.00
MARIE ROSE SAUCE, PAPRIKA, TOMATO, CUCUMBER, GEM LETTUCE, LEMON, NON-GLUTEN BREAD, BUTTER
- POSH WHITEBAIT** 7.00
SMOKED PAPRIKA, CRISPY KALE, HOMEMADE TARTARE SAUCE, LEMON

mains

- WILD MUSHROOM & LEEK CHICKEN SUPREME** 14.75
PAN-SEARED CHICKEN, CREAMY MASH, TENDERSTEM BROCCOLI, CREAMY WILD MUSHROOM AND LEEK SAUCE
- PAN-SEARED HADDOCK FILLET** 15.25
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** 14.25
SLOW COOKED CHICKEN LEG, GARLIC-ROASTED NEW POTATOES, SUMMER SALAD, LEMON, PARSLEY
- BABY CORN & EDAMAME CURRY (VE)** 12.25
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 6.75 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** 13.25
6oz CHUCK BURGER, SEEDED NON-GLUTEN BUN, EMMENTAL, TOMATO, GHERKIN, GEM LETTUCE, BURGER RELISH, SWEET POTATO FRIES OR TRIPLE-COOKED CHIPS
- CHICKEN & BACON STACK** 13.25
SEEDED NON-GLUTEN BUN, EMMENTAL, TOMATO, GHERKIN, GEM LETTUCE, BBQ SAUCE, SWEET POTATO FRIES OR TRIPLE-COOKED CHIPS
- SIRLOIN STEAK 8OZ** 21.75
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.**