

NON-GLUTEN CONTAINING INGREDIENTS MENU

STARTERS

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

CHARGRILLED MACKEREL FILLET with baby gem lettuce, artichoke, radish and ginger & lime dressing **£6.95**

SALADS

(V) BAKED GOATS CHEESE with caramelised onions, clementine's and walnuts with honey and balsamic dressing **£7.95/£13.95**

SUPERFOOD SALAD with grilled chicken breast, goats' cheese, cucumber, radish, pistachio nuts and mixed leaves with pomegranate dressing **£8.45/£13.95**

PAN FRIED SEA BASS with cucumber ribbons, feta, avocado, chorizo, peppers and mixed leaves with a honey, lime coriander dressing **£8.95/£15.95**

MAINS

COD, PRAWN & MIXED SEAFOOD CURRY with ginger, lemongrass & coconut rice **£15.95**

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 fries **£13.45**

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

(VG) MOROCCAN TOFU SKEWERS with patatas bravas, salsa verde and mixed leaves **£13.95**

CHARGRILL

28 DAY AGED RUMP STEAK with baked field mushroom, grilled plum tomato and fries **£17.95**

28 DAY AGED RIBEYE STEAK with baked field mushroom, grilled plum tomato and fries **£19.95**

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

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.