

## **Gluten Free Main Menu**

**Wednesday - Saturday 5-8:30pm**

**Steak & chicken breast also available on grill menu (we only have 1 fryer, please be aware of this if choosing chunky chips, our skinny fries can be done in the oven)**

### **Starters**

- \* Courgette, pea & mint soup, crumbled feta, creme fraiche & chives (v) £8
- \* Crispy fried squid, saffron aioli, chorizo jam, shaved fennel salad & radish £9.50
- \* Smoked mackerel pate, pickled cucumber carpaccio, toast, fresh dill, shaved fennel salad & lemon dressing £9.50
- \* Heritage tomato salad, fresh mozzarella, red onion, black olive tapenade, basil, olive oil, balsamic glaze & crunchy croutons (v) £9

### **Mains**

- \* Surf, turf & snout; seared honey & bourbon glazed rump of beef, sticky bbq belly pork & cajun butter king prawns, crisp crackling, crushed potatoes, green beans, sweet corn puree & onion rings £26
- \* Roast lamb rump with lemon, garlic & rosemary, courgette & minced lamb moussaka, wilted spinach & kale, olives, potato & parmesan puree & red wine jus £25
- \* Nduja & honey glazed belly pork, crisp crackling, roast new potatoes, steamed sugar snaps, mange tout, green beans & a creamy wine & saffron sauce £24
- \* Moroccan spiced chicken & halloumi skewers, warm potato salad with peas, sugar snaps, red onion, peppers, fresh summer herbs & lemon, rose harissa yoghurt & mint dressing £21
- \* Fish of the day; Please see the specials board £Market price
- \* Aubergine, courgette, red pepper, tomato & goats cheese stack, pesto, roast new potatoes, dressed leaves & a creamy saffron sauce (v) £18

### **Desserts**

- \* Strawberry pavlovas; fresh strawberries, creme chantilly, meringues & mixed berry coulis £8
- \* Peanut butter, chocolate & raspberry pot; peanut butter ganache, chocolate mousse, fresh raspberries, peanut praline & vanilla ice cream £9.50
- \* Passionfruit cheesecake with fresh mango salsa, coconut & Malibu ice cream & toasted coconut flakes £9
- \* 3 scoops of ice cream with a choice from vanilla/chocolate/coconut & Malibu/black treacle & cardamon/blueberry, served with biscuit, creme chantilly & sauce (chocolate or caramel) £7.50

**Please be aware that we do use products containing gluten in the kitchen & therefore cannot 100% guarantee to be gluten free**