

# GLUTEN FREE MENU

THIS MENU IS NOT AVAILABLE ON SUNDAY LUNCH

PLEASE TELL US OF YOUR FOOD ALLERGEN BEFORE ORDERING  
(BOOKINGS FOR 8 PEOPLE & OVER, WE REQUIRE A FULL PRE ORDER)

## STARTERS

- Salad of Heritage tomatoes, mozzarella balls, rocket, balsamic dressing (V) £ 6
- Antipasti... Selection of meats, olives, roast peppers, mozzarella, sun blushed toms, chutney, dressed leaves £ 6
- Prawn, Chorizo & Lime Skewers, roasted peppers, coriander, lime mayo £ 6
- Peppered Beef Carpaccio, shaved parmesan, rocket, balsamic dressing £ 7

## MAINS

- Grilled Halloumi Salad with fresh mango, roasted peppers, spring onions, coriander, sweet chilli dressing (V) £ 11
- Sweet Potato, Chickpea & Mixed Vegetable Thai Yellow Curry, topped with coriander & cashew nuts, served with coconut rice (V) £ 12
- Battered Fish & Fries, mushy peas, tartare sauce £ 13
- Oven Roasted Hake, sautéed new potatoes & chorizo, smoked tomato sauce, black olives, capers, samphire £ 16
- Pan Fried Seabass, Thai yellow curry sauce with prawns & veg, coconut rice, spring onions, coriander £ 17
- Honey & Sesame Glazed Duck Breast with stir fried vegetables, Pak choi and sweet potato fries £ 18
- Ribeye (8oz), fries, leaves, roast tomato & mushroom £ 18
- Sirloin (8oz), fries, leaves, roast tomato & mushroom £ 18

## DESSERT

- Summer Fruits Sorbet £ 5
- Strawberry & Elderflower Eton Mess... £ 6  
(Fresh strawberries, coulis, elderflower curd, whipped cream, meringue, vanilla ice cream)

PLEASE TELL US OF ANY FOOD ALLERGENS BEFORE ORDERING  
NUTS USED ON SITE, CANNOT GUARANTEE NUT FREE IN ANY DISHES