

GLUTEN/DAIRY FREE MENU

(THIS MENU IS NOT AVAILABLE ON SUNDAY)

(ALL DISHES ARE SUBJECT TO AVAILABILTY)

(PLEASE TELL US OF YOUR FOOD ALLERGEN BEFORE ORDERING)

POLITE NOTICE

PLEASE DO NOT ORDER FROM THIS MENU UNLESS YOU HAVE A GLUTEN OR DAIRY INTOLLERENCE. WE ONLY HOLD SMALL BATCHES OF THESE ITEMS FOR FRESHNESS.

STARTERS

- | | £ |
|--|------|
| • Sweet Potato, Coconut & Lime soup (v) (gf, df)
(N.B We do not stock Gluten Free bread) | 7.95 |
| • Spiced Lamb Kofta, rice, tomato & red pepper
salsa, mixed salad leaves (gf, df) | 9.95 |
| • Tempura Battered King Prawns on a bed of lettuce,
sweet chilli sauce, toasted sesame (gf, df) | 9.95 |

MAINS

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|---|---------------|
| • Thai Green Vegetable Curry, coconut & coriander
rice, pak choi, toasted sesame (gf, df) | 15.95 |
| Add Chicken or Prawns to your curry (gf, df) | 3.95 |
| • Beef Burger topped with cheese & crispy bacon, or
Buttermilk Fried Chicken Burger, in a gluten free
bun, served with fries, purple slaw, garlic mayo (gf) | 16.95 |
| • Battered Fish & Fries, mushy peas, tartare (gf, df) | 17.95 |
| • Pan fried Salmon fillet, new potatoes, green beans,
sunblushed tomatoes, olives, anchovies, soft
boiled egg (gf, df) | 22.95 |
| • 8oz Rump Steak, fries, battered onion rings, fried
mushrooms & roasted tomato Add Garlic Prawns (gf, df) | 25.95
3.95 |

SIDES: FRENCH FRIES / PURPLE SLAW / MIXED VEG / SALAD... £ 3.95 EACH

DIPS: GARLIC MAYO / SWEET CHILLI / MAYONNAISE / KETCHUP... 0.50p EACH

DESSERT ALL £8.95

- **Raspberry & Almond Frangipane**, vanilla icecream, toasted almonds, raspberry coulis (gf)
- **Strawberry & Elderflower Curd Eton Mess**, soft meringue, whipped cream, fresh strawberries, vanilla icecream (gf)
- **Frozen Mango Parfait**, coconut sorbet, pineapple salsa, toasted coconut, fresh lime (gf)
- **Meringue Nest**, filled with coconut sorbet, topped with pineapple salsa, toasted coconut & fresh lime (gf, df)

ALLERGEN KEY: GLUTEN FREE (gf) DAIRY FREE (df)

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