

## GLUTEN/DAIRY FREE MENU

(THIS MENU IS NOT AVAILABLE ON SUNDAY)

(ALL DISHES ARE SUBJECT TO AVAILABILITY)

(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 INTOLERANCE. WE ONLY HOLD SMALL BATCHES OF THESE ITEMS FOR FRESHNESS.

### STARTERS

£

- Sweet Potato, Coconut & Lime soup (v) (gf, df) 7.95  
(N.B We do not stock Gluten Free bread)
- Tempura Battered King Prawns on a bed of lettuce, 9.95  
sweet chilli sauce, toasted sesame (gf, df)

### MAINS

- Thai Red Vegetable Curry, coconut rice, roasted 16.95  
cauliflower, pak choi, toasted sesame (v) (gf, df)  
Add Chicken or Prawns to your curry (gf, df) 3.95
- Beef Burger topped with smoked cheese, red onion 17.95  
chutney & bacon, in a gluten free bun, served  
with fries, house slaw, garlic mayo (gf)
- Battered Fish & Fries, mushy peas, tartare (gf, df) 17.95
- Fish of the Day, roasted cabbage, garlic & rosemary 8.95  
potatoes, fried capers, samphire, aioli (gf, df) POA
- The Heifer Fish Pie topped with cheesy mash, served 22.95  
with seasonal vegetables (gf)

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

ADD GARLIC MAYO... 0.50p

### DESSERTS

- Blackberry & lemon Curd Eton Mess... 8.95  
topped with pistachio nuts (gf)
- Cherry & Almond Frangipane... 8.95  
vanilla ice cream, cherry coulis, toasted almonds (gf)
- Homemade Sorbet... (gf,df) 7.95

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

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