

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
- The Heifer Fish Pie topped with cheesy mash, served 22.95
with seasonal vegetables (gf)
- Fish of the Day, roasted cabbage, garlic & rosemary
potatoes, fried capers, samphire, aioli (gf, df) POA

SIDES: FRENCH FRIES / HOUSE SLAW / MIXED VEG / SALAD... £ 3.95 EACH
ADD GARLIC MAYO... 0.50p

DESSERTS

- Strawberry & Elderflower Curd Eton Mess... 8.95
with soft meringue, whipped cream, fresh
strawberries, vanilla ice cream (gf)
- Cherry & Almond Frangipane... 8.95
vanilla ice cream, cherry coulis, toasted almonds (gf)
- Homemade Sorbet... (gf,df) 8.95

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