

# GLUTEN FREE MENU

IS FRESHLY PREPARED

FOOD SERVED

Mon - Sat 12pm - 9pm | Sun 12pm - 8pm

PLEASE ORDER AT THE BAR

## STARTER / SHARER

- **HOMEMADE SOUP OF THE DAY** 7.95  
*With gluten free bread & butter*
- **ASIAN STYLE COD & SEABASS** 8.50  
**FISHCAKE**  
*with Ginger, Lime and sweet chilli*
- **HOT & SPICY CHICKEN WINGS**  
6 Pieces 5.95  
12 Pieces 8.95  
24 Pieces 15.95
- **NACHOS SHARERS**  
*with tomato salsa & cheddar* 9.95  
*with Beef Chilli & Cheddar* 12.95



## SANDWICHES

### SANDWICHES & TOASTIES

AVAILABLE DAILY 12pm - 5pm

- **SOUP & 1/2 SANDWICH** 9.95  
*Served on gluten free bread*  
*Choose from...*  
**Grated Cheddar & Tomato**  
**Tuna, Red onion & Mayo**  
**Ham & English Mustard**

- **SANDWICHES** 9.95  
*Served on gluten free wholemeal Bread with hand cut chips & coleslaw*  
*Choose from...*  
**Grated Cheddar & Tomato**  
**Tuna, Red onion & Mayo**  
**Ham & English Mustard**

## TOASTED SANDWICHES

SERVED WITH HAND CUT CHIPS & COLESLAW 11.25

- **Brie, Bacon & Cranberry**
- **Cheddar & Red onion**
- **Cheese, tuna, red onion**
- **Roasted ham & cheddar**

## MAINS

- **SIRLOIN STEAK** 23.50  
*8oz steak Cooked to your liking, topped with confit garlic butter. With hand cut chips, mushrooms, tomatoes & garden peas.*
- **GAMMON STEAK** 15.95  
*10oz steak with Sliced pineapple or fried egg hand cut chips, garden peas*
- **BEEF CHILLI CON CARNE** 14.95  
*1/2 & 1/2 Steamed rice and cheesy Nachos*
- **RED PEPPER BEAN & AUBERGINE CHILLI** 13.25  
*With steamed Rice & skinny fries*
- **SLOW COOKED BELLY PORK** 18.95  
*Crispy crackling top with baked apple, crushed new potatoes, carrots, sugar snap peas & gravy jug.*
- **THAI GREEN CHICKEN CURRY** 15.95  
*Served 1/2 & 1/2 with steamed rice, hand cut chips*
- **THAI GREEN VEGETABLE CURRY** 13.75  
*Served 1/2 & 1/2 with steamed rice, hand cut chips*
- **SEABASS FILLETS** 18.95  
*Grilled and drizzled with lemon butter, served with crushed new potatoes, carrots & sugar snap peas.*
- **ASIAN STYLE FISHCAKES** 15.95  
*Cod & seabass delicately flavoured with ginger and lime, with vegetable rice & sweet chilli and lime dressing.*

## DESSERTS

- **APPLE & BLACKBERRY CRUMBLE** 7.50  
*hot vanilla custard*
- **BLACKCURRANT & PROSECCO CHEESECAKE** 7.75  
*pouring cream*
- **WARM CHOCOLATE FUDGE BROWNIE** 7.50  
*salted caramel ice cream*
- **LOCAL PARISELLAS ICE CREAM & SORBET** 2.50  
*Choose from... per scoop*  
*Madagascan Vanilla, Pistachio, Salted Caramel, Strawberry, Triple Chocolate, Mint Choc Chip, Lemon Sorbet, Champagne Sorbet*