

Non Gluten Containing Ingredients Menu

Please State **NON-GLUTEN** When Ordering from This Menu

Starters

Non-Gluten Fresh Asparagus (V) £7.95

Sautéed with extra virgin olive oil, lemon, garlic & chilli, finished with fresh parmesan

Non-Gluten Sticky Chicken £7.95

Cooked in a sweet, sticky, chilli coating, served with chef's rice salad

Non-Gluten Gambas Pil Pil £8.95

King prawns, olive oil, coriander, tomato, chillies, garlic & lime, served with salad

Non-Gluten Chorizo & Garlic Mushrooms (V) £7.95

Fresh mushrooms sautéed with chorizo in garlic butter, finished with fresh parmesan

Non-Gluten Grilled Halloumi Salad (V) £7.95

Grilled Halloumi, green beans, baby gem lettuce, pine nuts, red onion & a balsamic reduction

Non-Gluten BBQ Ribs £9.50

Cooked in chef's own sweet & sticky BBQ sauce

Main Meals

Non-Gluten Carbonara £10.95

Gluten free pasta, Traditional pasta dish with pancetta, egg, black pepper & parmesan

Non-Gluten Chicken & Chorizo Pasta £12.95

Gluten free pasta, Chicken Breast Pieces & Chorizo Sausage Cooked in Our Own Tomato Sauce with Beans, Chillies, Garlic & Onion, Finished with Fresh Wild Rocket

Non-Gluten Pasta alla Norma (V) £10.95

Gluten free pasta, Aubergines, tomatoes, garlic, olive oil, chilli, fresh basil & Pecorino cheese

Non-Gluten Goat's Cheese Pasta (V) £13.95

Fine green beans, cherry tomatoes & peppers sautéed with rosemary & chillies, tossed with gluten free pasta, green pesto, olive oil, pine nuts & goats cheese

Non-Gluten Chicken Cacciatore £16.95

Chicken breast cooked with tomatoes, peppers & onions, finished with Pecorino cheese

Non-Gluten King Prawn & Chorizo Pasta £16.95

Gluten free pasta, cherry tomatoes, red onion, lemon, fresh basil, chilli, olive oil, garlic & balsamic syrup

Non-Gluten Halloumi & Vegetable Stack (V) £12.95

Served with Bombay sautéed potatoes & chef's tomato ragu

Non-Gluten Surf & Turf £18.95

Prime rump steak topped with garlic king prawns & today's fresh vegetables

Non-Gluten Mediterranean Seabass £19.95

Grilled fillets of seabass, sautéed cherry tomatoes, chorizo, red onion & spinach, red pesto dressing & balsamic reduction (also available plain grilled with salad)

Sweets

Gluten Free Ice Cream £4.25 Luxury Vanilla Pod ~ Indulgent Chocolate ~ Mint Choc Chip

Strawberry Sundae £5.95

Vanilla pod ice cream, fresh strawberries, meringue, strawberry sauce, chocolate sauce & whipped cream

After Eight Sundae £5.95

Mint Choc Chip & Chocolate Ice Cream, chocolate sauce, After Eight mints & whipped cream

Daim Bar Sundae £5.95

Vanilla Pod ice cream, chocolate sauce, butterscotch sauce, crushed Daim Bar & whipped cream

Affogato £5.95 Vanilla Pod ice cream, a shot of hot espresso & hazelnut liqueur

We can Not guarantee our dishes do not contain traces of Gluten
as they may be stored, prepared or cooked in an area with other Gluten containing products

Other dishes on our menu may be able to be tweaked to suit your requirements, please ask your server for assistance. Gluten Free Pasta is always available

We cannot guarantee that our products do not contain traces of nuts and/or seeds, dairy or Gluten