

# NON GLUTEN MENU

Please State NON-GLUTEN When Ordering from This Menu

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

## STARTERS

### Filletto Insalata £8.95

Escalope's of fillet steak, fresh rocket, parmesan cheese, Balsamic cherry tomatoes, red onion, finished with a squeeze of fresh lemon & extra virgin olive oil

### BBQ Ribs £9.95

Cooked in chef's own sweet & sticky BBQ sauce

### Fresh Asparagus (V) £8.95

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

### Non-Gluten Sticky Chicken £8.95

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

### Non-Gluten Gambas Pil Pil £9.95

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

### Chorizo & Garlic Mushrooms (V) £8.95

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

### Grilled Halloumi Salad (V) £8.95

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

## MAINS

### Salmon & Goats Cheese £20.95

Fresh Salmon fillet topped with baked goats cheese & herbs, set on fresh asparagus, finished with a lemon butter

### Chicken Caprese £18.95

French trim Chicken Supreme, set on chefs tomato ragu, topped with fresh mozzarella cheese, finished with homemade pesto

### Non-Gluten Blue Cheese & Ham Pasta £13.95

Gluten free pasta, Slow roasted ham hock, mushrooms, garlic & red onion, stilton cheese & crème fraiche

### Non-Gluten Chicken & Chorizo Pasta £14.95

Gluten free pasta, Chicken breast pieces & chorizo sausage cooked in our own tomato ragu with chillies, garlic & onion, finished with fresh wild rocket & balsamic syrup

### NG Halloumi & Vegetable Stack (V) £14.95

Served with Bombay sautéed potatoes & chef's tomato ragu

### Non-Gluten Mediterranean Seabass £21.95

Grilled fillets of seabass, sautéed cherry tomatoes, chorizo, red onion & spinach, red pesto dressing & balsamic reduction

### Non-Gluten Goat's Cheese Pasta (V) £14.95

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

### NG King Prawn & Chorizo Pasta £17.95

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

### Non-Gluten Surf & Turf £32.95

28-day 8oz Prime barrel cut Filet Mignon steak topped King prawns in garlic butter

### Non-Gluten Carbonara £13.95

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

## SWEETS

### Gluten Free Ice Cream £4.95

Luxury Vanilla Pod ~ Indulgent Chocolate ~ Mint Choc Chip

### Affogato £6.95

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

### Strawberry Sundae £6.95

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

### After Eight Sundae £6.95

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

### Daim Bar Sundae £6.95

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