

# 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** £7.50

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

**Non-Gluten Honey Glazed King Prawns** £8.95

Butterfly king prawns cooked with chorizo sausage & roquito pepper pearls, smothered in a sweet honey & pineapple salsa

**Non-Gluten Fresh Mussels** £8.95

Cooked with pancetta, shallots, garlic, white wine & cream

**Non-Gluten Garlic Mushrooms (V)** £6.95

Fresh mushrooms sautéed in garlic butter, finished with fresh parmesan

**Non-Gluten Grilled Halloumi Salad (V)** £7.50

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

**Non-Gluten BBQ Ribs** £8.95

Cooked in chef's own sweet & sticky BBQ sauce

## Main Meals

☺ **Non-Gluten Goat's Cheese Pasta (V)** £12.95

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 Carbonara** £9.95

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

☺ **Non-Gluten Chicken & Chorizo Pasta** £11.95

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)** £9.95

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

**Non-Gluten Chicken Cacciatore** £14.95

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

**Non-Gluten King Prawn & Chorizo Pasta** £14.95

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** £17.95

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

**Non-Gluten Mediterranean Seabass** £17.95

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**