

Non Gluten Containing Ingredients Menu

Please State NON-GLUTEN When Ordering from this Menu

Starters

Non-Gluten 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

Non-Gluten Fresh Mussels £9.95

Cooked with shallots, garlic, white wine & cream

Non-Gluten Garlic Mushrooms (V) £8.50

Fresh mushrooms sautéed in garlic butter, finished with rocket & fresh parmesan

Non-Gluten Salt & Pepper Halloumi (V) £8.95

Tossed with peppers, onions, chilli, garlic, salt & pepper seasoning, served in gem lettuce cups with sweet chilli jam

Main Meals

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

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

Non-Gluten Carbonara £13.95

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

Non-Gluten Chicken & Chorizo Pasta £14.95

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) £12.95

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

Non-Gluten Pollo Roma £18.95

Chicken supreme set on Mediterranean vegetables finished with our Franco's tomato sauce

Non-Gluten King Prawn & Chorizo Pasta £17.95

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

Non-Gluten Mediterranean Seabass £21.95

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

Non-Gluten Steak Selection

All served with sauteed potatoes, vine cherry tomatoes, mushrooms & onions

8oz Sirloin Steak £18.95

10oz Ribeye Steak £24.95

8oz Fillet Steak £29.95

(Add sauce £2.95 Peppercorn, Creamy Garlic Mushroom or Creamy Blue Cheese)

We cannot 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 main 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 or any other allergens.