

# 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 fresh parmesan

### Non-Gluten BBQ Ribs £9.95

Cooked in chef's own sweet & sticky BBQ sauce

## 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 Chicken Cacciatore £17.95

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

### 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 Surf & Turf £24.95

Bullet steak medallions stacked with king prawns, set on wilted spinach, finished with garlic butter

### 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)

**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.