

DAIRY/GLUTEN FREE MENU

(THIS MENU IS NOT AVAILABLE ON SUNDAY)

(ALL DISHES ARE SUBJECT TO AVAILABILTY)

(PLEASE TELL US OF YOUR FOOD ALLERGEN BEFORE ORDERING)

STARTERS

- | | £ |
|---|----|
| • Sweet Potato, Coconut & Lime soup (v) (gf, df) | 7 |
| • Thai Red Curry Mussels, coconut milk (gf, df) | 9 |
| • Tempura Prawns on a bed of lettuce, topped with sweet chilli sauce (gf, df) | 10 |

MAINS

- | | |
|--|----|
| • Tomato, Sweet Potato & Chickpea Stew, roasted cauliflower, seasonal greens, vegetable couscous (v) (gf, df) | 17 |
| • Beef Burger with mature cheddar & crispy bacon, Fries, gluten free bun, bbq dip (gf) | 17 |
| • Salmon "Nicoise"- Pan fried Salmon fillet, new potatoes, green beans, red onion, black olives, sun blushed tomatoes, anchovies, soft boiled egg (gf, df) | 19 |
| • "Fish Of The Day" served with garlic & rosemary potatoes, roasted cabbage, seasonal greens, aioli (gf, df) | ££ |
| • Rump or Ribeye Steak
Either Steak served with fries, roast tomato & mushroom, seasonal vegetables (gf, df) | 25 |

SIDES: FRENCH FRIES / COLESLAW / MIXED VEG / SALAD... £4 EACH

DESSERTS

- | | |
|--|---|
| • Frozen Mango Parfait... with roast pineapple, coconut sorbet, toasted coconut, grated lime zest (gf) | 8 |
| • Rhubarb & Custard Eton Mess... with meringue & whipped cream (gf) | 8 |
| • Lemon Polenta Cake... with vanilla ice cream, candied lemon, lemon syrup (gf) | 8 |
| • Coconut Sorbet... Topped with roast pineapple, toasted coconut, fresh lime zest (gf, df) | 7 |

ALLERGEN KEY: GLUTEN FREE (gf) DAIRY FREE (df)

PLEASE TELL US OF ANY FOOD ALLERGENS BEFORE ORDERING
NUTS USED ON SITE, CANNOT GUARANATEE NUT FREE IN ANY DISHES