

NON-GLUTEN MENU

GRAZING

BOSCIALA GREEN OLIVES ve 162kcal

5.00

CARAMELISED CHILLI HONEY NUTS v 686kcal
Cashews, pecans & almonds

4.75

SMALL PLATES 3 for £20, 6 for £35

ITALIAN BURRATA v 438kcal
Cherry tomatoes, smashed avocado, lemon, parsley, mint, pine nuts

9.00

MARINATED CHICKEN SKEWERS 690kcal
Chicken thighs, yoghurt, lemon & herb marinade, chipotle mayonnaise

8.00

TEMPURA PADRON PEPPERS ve 307kcal
Maldon sea salt, smoky chipotle mayonnaise

7.50

CRISPY HALLOUMI v 627kcal
Salsa verde, pomegranate seeds

8.00

SANDWICHES

Served Monday - Saturday until 5pm

Non-gluten bread and served with a mug of Maldon sea salted fries +376 kcal

AHT v 928kcal
Smashed avocado, halloumi slices, sun blushed tomato, hummus

9.00

CHICKEN & AVOCADO 1209kcal
Yoghurt, lemon & herb marinated chicken thigh, smashed avocado, shredded gem lettuce

9.50

FLAT IRON STEAK & MUSTARD 846kcal
Flat iron steak, English mustard & parsley mayonnaise, rocket

9.50

OYSTER MUSHROOM v 734kcal
Crispy oyster mushrooms, plant-based feta, baby spinach

8.50

THE MAIN EVENT

FLAT IRON STEAK & FRITES 908kcal
6oz flat iron steak, confit garlic butter, Maldon sea salted fries, rocket, salsa verde

14.50

6OZ BRITISH BEEF BURGER 1504kcal
Seeded non-gluten bun, smoked streaky maple bacon, Emmental cheese, chipotle mayo, shredded gem lettuce, alfalfa sprouts, Maldon sea salted fries

16.00

CRISPY BUTTERMILK CHICKEN BURGER 940kcal
Marinated chicken thigh, seeded non-gluten bun, cucumber ribbons, shredded gem lettuce, chilli jam, Maldon sea salted fries

15.50

BEYOND BURGER v 1044kcal
Seeded non-gluten bun, smashed avocado, plant-based feta, cucumber ribbons, shredded gem lettuce, Maldon sea salted fries

15.00

KALE, AVOCADO & PINE NUT SALAD ve 570kcal
Cucumber ribbons, baby spinach, quinoa, toasted seeds, lemon & olive oil dressing

13.50

Add halloumi v 2.75 433kcal, chicken breast 3.25 237kcal, king prawns 3.75 135kcal, seabass fillet 5.75 302kcal

PIZZAS

Our non-gluten pizzas are baked and then crusts are brushed with garlic and parsley butter

Why not add some pepperoni for £2 +206kcal.

Add burrata (v) for £5.00 +259kcal. Vegan cheese available -15kcal.

Ask our team for our lighter pizza options.

NO.1 v 1039kcal 10.00
Tomato base sauce, mozzarella, rocket

NO.2 1188kcal 14.50
White base sauce, smoked scamorza cheese, cured pork Coppa, sun blushed tomatoes, toasted pine nuts, basil oil, roquette

NO.3 ve 814kcal 12.00
Tomato & salsa verde base sauce, charred courgette, tenderstem broccoli, mint, lemon, fresh chilli, roquette

NO.4 1087kcal 14.25
Tomato base sauce, smoked scamorza cheese, cured Italian salami, kalamata olives, flat mushrooms, artichoke, baby spinach

NO.5 v 1246kcal 13.75
White base sauce, torn mozzarella, gorgonzola, flat mushrooms, toasted pecans, chilli infused honey, baby spinach

NO.6 1245kcal 14.00
Tomato base sauce, torn mozzarella, cured pork Coppa, kalamata olives, roquette, shavings of Gran Moravia hard cheese

NO.7 v 1188kcal 12.75
Tomato base sauce, torn mozzarella, roasted aubergine, sun blushed tomatoes, Gran Moravia hard cheese, roquette

NO.8 1133kcal 13.50
Tomato base sauce, smoked scamorza cheese, pulled chicken, roasted courgette, sweetcorn, salsa verde, roquette

NO.9 1500kcal 15.00
Tomato base sauce, torn mozzarella, cured pork Coppa, cured Italian salami, spicy chorizo, pepperoni, roquito pepper, roquette

SIDES

TRIPLE-COOKED CHIPS ve 448kcal 4.00

MALDON SEA SALTED FRITES ve 455kcal 4.00

KALE, AVOCADO & PINE NUT SALAD ve 285kcal 3.50
Cucumber ribbons, baby spinach, quinoa, toasted seeds, lemon & olive oil dressing

TENDERSTEM BROCCOLI, KALE & GREEN BEANS ve 102kcal 3.75



SUNDAY ROASTS Served Sundays only

Our Sunday roasts are all freshly prepared and served with roast potatoes, seasonal vegetables and gravy

TOPSIDE BEEF 1223kcal	18.50
HALF ROAST CHICKEN 1575kcal	16.50
SWEET POTATO & CHESTNUT vE 838kcal	14.50

DESSERTS

PASSIONFRUIT MESS v 549kcal Mango puree, passionfruit, whipped cream, meringue pieces	6.75
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WARM CHOCOLATE BROWNIE v 829kcal Clotted cream ice cream, chocolate sauce	6.75
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LUXURY ICE CREAM v 625kcal	6.00
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Choose 3 scoops from:

Clotted cream	White chocolate & cherry
Lemon curd meringue	Salted caramel ripple

COFFEE & CREAM v 364kcal Ice cream and coffee – the perfect combo!	5.50
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Choose a scoop of:

Clotted cream	White chocolate & cherry
Lemon curd meringue	Salted caramel ripple

CHILDREN'S MENU

STARTER

CHICKPEA HUMMUS v Non-gluten bread	3.00
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MAINS

GRILLED CHICKEN SALAD Gem lettuce, cucumber ribbons, baby spinach, avocado, lemon & olive oil dressing	5.50
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MARGHERITA PIZZA v/ve Tomato & basil pizza sauce, mozzarella cheese	5.50
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DESSERTS

CHOCOLATE BROWNIE v Hot caramel sauce, clotted cream ice cream	3.00
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DAIRY ICE CREAM & FLAKE v/ve All served with a Cadbury's flake	3.00
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Choose 2 scoops from:

Clotted cream	Lemon curd meringue
White chocolate & cherry	Salted caramel ripple
Vegan vanilla	

SUNDAY SIDES

CAULIFLOWER CHEESE v 319kcal	3.50
PORK CRACKLING & APPLE SAUCE 147kcal	2.00

HOT DRINKS

Our coffees are served with semi skimmed milk or plant based milk alternatives

ESPRESSO 0kcal Single/Double	s 2.75 / d 3.25
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CAPPUCCINO 153kcal	3.50
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CAFFÈ LATTE 153kcal	3.50
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MOCHACCINO 214kcal	3.50
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FLAT WHITE 120kcal	3.50
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AMERICANO 0kcal	3.25
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HOT CHOCOLATE 234kcal	4.25
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TEA PIGS 234kcal	3.00
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Choose from: Everyday brew 22kcal, Earl Grey strong 22kcal, peppermint 0kcal, super fruit 0kcal or Mao Feng green tea 0kcal

ICED DRINKS

ICED AMERICANO 20kcal	3.75
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ICED LATTE 76kcal	4.00
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ICED MOCHA 443kcal	4.00
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DRAGONFRUIT & MANGO ICED TEA 36kcal Green tea	4.00
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PEACH & LEMON ICED TEA 87kcal English breakfast tea	4.00
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(V) Suitable for vegetarians. (VE) Suitable for vegans. Fish and poultry dishes may contain bones. All weights are approximate prior to cooking. All items are subject to availability. Adults need around 2000 kcal a day. Allergen Information. If you have any allergies or dietary requirements, please speak to our team for more information. Our kitchens contain many ingredients and so we cannot guarantee the total absence of nuts, gluten, or other allergens. Menu descriptions do not contain all ingredients. Our fryers are used to cook different products so we cannot guarantee total absence of animal products or allergens. A full list of allergens in each dish is available for your peace of mind. All prices include VAT. Service is not included. All tips are retained by the grateful team.

