



GLUTEN FREE BRUNCH

served until 2.30pm

Gluten Free bread or bagels available upon request

BRUNCH OMELETTE £7.5 | £9

Two egg omelette with choice of 2 or 3 fillings (GF)
Add cheddar cheese | mushrooms | sun-dried tomatoes |
ham | chorizo | spinach

CHORIZO & POACHED EGGS £11

Toasted Gluten Free white bread with pan-fried chorizo,
cherry tomatoes & poached eggs. Finished with mixed seeds,
chilli flakes & chimichurri mayo
Add feta & salsa £2.5

CHUNKY CHIPS (GF) £5

SEASONED CHIPS (GF) £5

SEASONED HASH BROWNS - £4 | £5.50

Portion of 4 or 6 seasoned hash browns (VE)(GF on request)

SMASHED AVOCADO £9

Toasted Gluten Free white bread with freshly seasoned
smashed avocado. Finished with mixed seeds, chilli flakes
& chimichurri mayo (VE)
Add poached eggs £2 | Add feta & salsa £2.5
Add smoked streaky bacon £2 | Add chorizo £2.5
Add halloumi £2.5

HALLOUMI BAGEL £11.5

Grilled Halloumi, rocket & seasoned smashed avocado. Topped
with a fried egg & a hash brown. Served on a toasted Gluten
Free bagel, finished with mixed seeds, chilli flakes
& chimichurri mayo (V)
Add smoked streaky bacon £2

GLUTEN FREE LUNCH

served until 5pm

Gluten Free bread or bagels available upon request

THAI CHICKEN RICE BOWL £12

Slow-cooked chicken in a mild coconut curry sauce with fresh
chilli, ginger and coriander. Served with warmly spiced vegetable
rice (GF)

HAM & CHEESE TOASTY £12.5

Ham, cheddar & wholegrain mustard in toasted Gluten Free
white bread with seasoned chips

LIME & CHILLI CHICKEN TOASTY £12.5

Chicken in a lime & sweet chilli marinade with mozzarella and
sour cream in toasted Gluten Free white bread with seasoned
chips

BRIE & RED ONION CHUTNEY TOASTY £12.5

Brie & red onion chutney in toasted Gluten Free white bread
with seasoned chips (V) Add Bacon £2

TUNA MELT TOASTY £12.5

Tuna mayonnaise, mature cheddar & mozzarella on toasted
Gluten Free white bread with seasoned chips

GLUTEN FREE SMALL PLATES

Our small plates are great for sharing, we recommend three plates per person as a main, or one plate as a starter

CREAMY GARLIC MUSHROOMS £9.5

Pan-fried in a garlic & cream sauce with warm bread (V)
(GF bread upon request)

BANG BANG CAULIFLOWER £8

Pan-fried cauliflower florets in a firecracker sauce, topped with
spring onions, chilli and coriander (VE)(GF)

GRILLED HALLOUMI £9.5

Halloumi marinated in garlic & chilli with salad
& a balsamic glaze (V) (GF)

BARBECUE BEEF BRISKET £10

Slow-cooked beef brisket in our own barbecue sauce
with warm bread (GF bread upon request)

NACHOS £10

Nachos with salsa, jalapeños, melted cheddar, sour
cream & guacamole (V) (GF)

CHORIZO PATATAS BRAVAS £8.5

Pan-fried potatoes & chorizo served in a spicy tomato sauce
(GF)

KING PRAWNS £11.5

Pan-fried with onions, mushrooms & garlic butter,
served with warm bread (GF bread upon request)

FOOD ALLERGIES AND INTOLERANCES

If you have any questions about the ingredients in your meal, please ask at the time of ordering. Although every care is taken in preparation, our meat and fish products may contain bones and we cannot guarantee that any of our dishes are 100% allergen free. All our food is freshly prepared on the premises each day. At busy times we respectfully request that you allow us time to prepare it.

(GF) = made with ingredients free from gluten (V) = made with vegetarian ingredients. (VE) = made with vegan



GLUTEN FREE MAIN PLATES

BEEF STROGANOFF £18

Slow-cooked beef in our own stroganoff sauce, chunky chips & rice (GF)

MUSHROOM STROGANOFF £16

Pan-fried mushrooms in our own stroganoff sauce, vegetables & rice (GF) (VE)

PEPPER CHICKEN £17

Grilled chicken fillet in our own creamy peppercorn sauce with rice & chunky chips (GF)

SPICY CHICKEN KEBABS £18

Marinated chicken breast kebabs with rice, chunky chips, salad garnish & a sweet chilli dip (GF)

THAI CHICKEN CURRY £17

Slow-cooked chicken & mixed vegetables in a mild coconut curry sauce with fresh chilli, ginger & coriander.
Served with rice (GF)

CHICKEN SATAY £17

Tender chicken in an aromatic, warmly spiced peanut & coconut sauce. Served with rice & naan bread
(GF without bread)

LIME & CHILLI CHICKEN SALAD £15

Our mixed house salad topped with warm chicken in a lime & sweet chilli marinade, topped with sour cream (GF)

HALLOUMI SALAD £16

Our mixed house salad with grilled halloumi marinated in chilli & garlic, roasted red peppers & a balsamic glaze
(V) (GF) add Chicken £3 (GF)

SPANISH OMELETTE £15

Onion, pepper, tomato, mushroom & potato omelette with salad & chunky chips
(V) (GF) add Chicken £3 (GF) add Chorizo £2 (GF)

MOULES FRITES £18

Mussels cooked in a white wine, garlic and cream sauce and served with chips & bread (GF bread upon request)

8oz SIRLOIN STEAK £27

28 day-aged sirloin steak cooked to your liking. Served with chips, salad & onion rings add Pepper Sauce £4
(GF without onion rings)

MEDITERRANEAN CHICKEN £20

Chicken breast wrapped in streaky bacon, stuffed with feta, sun-dried tomatoes & fresh basil, with a tomato & olive sauce,
chunky chips & salad (GF)

SIDES

CHUNKY CHIPS £5 | SEASONED CHIPS £5 | Dips £1 (Barbecue, garlic mayo, sweet chilli) | SIDE SALAD £4

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