



A la carte Starters GLUTEN FREE

Pre starters to share

- Warm French bread with olive oil & balsamic reduction **£4.50**
- Mixed olives marinated in sweet chilli, garlic and fresh parsley **£3.50**
- Soft baked garlic ciabatta bread/with cheese **£4.25 / £4.75**
- Fresh anchovy fillets with balsamic reduction **£2.95**

- Chef's homemade soup of the day CHECK WITH YOUR SERVER (v) **£4.95**
- Crispy peking duck salad, crispy duck in sweet chilli sauce served on seasonal leaf with sesame seeds **£8.25**
- Potted Morecambe Bay shrimps served with warm garlic butter, garlic, nutmeg, cayenne, chives, lemon & tortilla chips **£8.25**
- Highland smoked salmon topped with a cocktail of crayfish tails in marie rose sauce **£7.25**
- Grilled Welsh goats' cheese on a bed of wild rocket, caramelised red onion chutney, balsamic reduction and fresh pomegranate seeds (v) **£6.25**
- Lambs lettuce salad with feta cheese, ripe tomatoes, toasted sunflower seeds & French dressing (v) **£5.95**
- Wok fried tiger prawns served in a sweet chilli sauce with fresh chillies & spring onion **£7.95**
- Slow roasted chicken wings, deep fried 'til crispy served in spicy buffalo wing sauce & sour cream dip **£6.95**
- Asparagus spears served with a soft poached egg, freshly shaved parmesan cheese, tomato concasse and aged balsamic reduction **£5.95**
- Chicken kebab, marinated in oregano, onion, garlic & olive oil served with cucumber salad & tzatziki **£7.25**
- Homemade smoked salmon, dill and lemon pate served with lambs leaf salad & tortilla chips **£6.50**
- Deep fried halloumi fries served with rocket leaves and a truffle oil, garlic and parmesan dip (v) **£6.95**
- Albondigas 'spicy Mexican pork meatballs' in a tomato and chilli ragu with melted cheddar & tortilla chips **£6.50**

(v) Denotes a dish suitable for vegetarians (n) Contains nuts

Gluten free menu and allergy information available.

As we use nuts in our kitchen, we cannot guarantee that any of our dishes are nut free; this is for your own safety

A la carte Main Courses GLUTEN FREE

Line caught loin of tuna served in a spicy tomato ragu with steamed white rice, bok choy & sesame seeds £19.95

Chargrilled Welsh lamb cutlets marinated in rosemary & garlic served on a bed of wok fried green beans, ripe tomatoes, feta & homemade tzatziki £20.95

Poached loin of cod served in Thai red curry sauce with green beans, chillies, coriander leaves & steamed white rice £18.95

Peppered pork chop, chargrilled, dusted with cracked black pepper served on crushed new potatoes, green beans & peppercorn sauce £16.95

Fall off the bone slow roasted baby back ribs served in a sweet and sticky BBQ sauce served with fries £17.50

10oz 28 day hung sirloin steak cooked to your liking served with hand cut chunky chips, grilled tomato and your choice of peppercorn sauce, garlic butter or bearnaise sauce £24.50

Pan fried fillet of sea bass served on a bed of steamed white rice, with julienne of veg, bok choy, fresh chillies in an oriental sauce £18.50

Duo of duck, Gressingham duck breast on a bed of steamed white rice with crispy duck pieces in sweet chilli sauce with bok choy, julienne of veg, fresh chillies & spring onion £20.95

Chargrilled honey & lemon chicken breast served on crushed new potatoes with asparagus spears & baby pea shoots £13.95

Cajun spiced sweet potato roulade filled with cream cheese, a sweet & spicy red pepper & red onion chutney served with a rocket, tomato & parmesan salad (v) £14.95

Naturally smoked haddock fillet served on spring onion infused mashed potato with a soft poached egg and a creamy hollandaise sauce £17.95

Halloumi & vegetable stir fry, with steamed white rice julienne of veg, fresh chillies, bok choy and sunflower seeds in an oriental sauce (v) £13.95

Side Orders @ £3.95.....

Hand cut chips ~ French fries ~ Deli style coleslaw ~ Green beans, shallots & parmesan ~

~ Buttered new potatoes ~ House salad ~ Rocket & parmesan salad ~ Asparagus spears in garlic butter ~ Bok choy with soy and sesame seeds

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