

**Lunch – Monday- Saturday 12-4pm 2 courses @ £16.95 – 3 courses @ £20.95**  
**Evening 4-9pm & Sunday 12-8pm 2 courses @ £21.95 – 3 courses @ £25.95**

**GLUTEN FREE**

**Pre-Starters to share...**

Marinated olives **£3.50**

**Starters...**

Chefs homemade soup of the day served with gluten free bread (v) – **check with server**

Deep fried chicken wings tossed in a spicy buffalo sauce with blue cheese dip and celery pencils

Grilled goats cheese served on peppery rocket leaves with sticky chilli jam (v)

Asparagus spears, soft poached egg, parmesan shavings, balsamic reduction & tomato concasse (v)

Smooth duck and orange parfait with leaves, orange chutney & gluten free bread

Homemade chilli con carne topped with cheddar cheese, crème fraiche, spring onion & tortilla chips

North Atlantic prawns in Marie rose sauce on Highland smoked salmon, lemon and gluten free bread

Greek feta, sundried tomato and white bean salad with a olive oil dressing (v)

Creamy field mushrooms with garlic and thyme served with gluten free bread and spring onion (v)

Warm potted Morecombe bay shrimps served in spiced butter with lemon and gluten free bread **(add £4.50)**

Crispy duck tossed in sweet chilli sauce served on seasonal leaves, mild chilli & sesame seeds **(add £4.25)**

Tiger prawns wok fried in sweet chilli sauce with gluten free bread **(add £4.50)**

**Mains...**

Chicken & chorizo kebab with a sticky garlic, honey and thyme glaze with coriander scented rice, soy and honey dip  
charred lemon and salad.

Pan fried sea bass with garlic and sage smashed jersey royals, green beans & sage salted butter

Chicken, feta and balsamic salad, mixed salad leaves with chargrilled chicken breast, feta, sundried tomatoes,  
balsamic reduction and toasted pine nuts

Steak frites, tender 5oz flattened sirloin steak flash grilled served pink with fries & rocket leaf

**(add a sauce £1– Garlic Butter or Peppercorn or Creamy blue cheese sauce)**

Chilli, prawn and tomato pasta, pasta and king prawns tossed with fresh chilli, garlic and Italian tomato sauce  
finished with parmesan

Homemade spicy white bean casserole with kale, ginger served with steamed white rice (v)

10oz grilled bacon chop with new potatoes, green beans, shallots and au poivre sauce

Halloumi & cashew nut stir fry, sweet chilli sauce with, spring onion, fresh chilli & julienne of veg and white rice (v)

Slow roasted baby back ribs, fall off the bone, in a tangy BBQ sauce served with shoe string fries

Goats cheese pasta, pasta tossed in pesto with goats cheese, rocket, asparagus, sundried tomatoes and toasted pine  
nuts (v)

Smoked haddock served on crushed new pots, asparagus, hollandaise sauce with soft poached egg.

Char grilled 10oz prime 28-day aged sirloin steak cooked to your liking served with hand cut chunky chips, confit  
tomato & a choice of au poivre, garlic butter or creamy blue cheese **(add £6.50)**

28-day aged grass-fed 8oz Welsh fillet steak chargrilled to your liking served with hand cut chunky chips, confit  
tomato & a choice of au poivre, garlic butter or creamy blue cheese **(add £8.50)**

**Side orders £3.95...**

Hand cut chips ~ Fries ~ Deli style coleslaw ~ Green beans, shallots & parmesan ~ Asparagus spears in garlic butter  
~Rocket & parmesan salad ~Seasonal vegetables



## Desserts...

Banoffee mess, crushed meringue, banana, toffee sauce and fudge pieces mixed together with fresh whipped cream

Classic crème brulee, caramelised to order served with fresh fruit

Warm indulgent gluten free Alabama chocolate fudge cake served with whipped cream

Fruit mess, crushed meringue, fruits of the forests and raspberry coulis mixed together with fresh whipped cream

Ice cream, choose two scoops either Vanilla, salted caramel, Strawberry or chocolate.

Cheese board, cheddar, stilton and brie served with gluten free crackers, grapes and chutney (add £3.50)

## Coffee

Americano, served black or with hot milk @ £2.50

Cappuccino, espresso topped with foamed milk @ £2.75

Caffe Latte, steamed milk with espresso @ £2.75

Espresso @ £2.15

Hot chocolate, with cream and marshmallows @ £3.25

Liqueur coffee, choose your favourite liqueur served with coffee and whipped cream @ £5.50

Tea, choose from breakfast, mint, earl grey or fruit @ £2.50

## Drinks...

### Beer and cider by the bottle

Bombadier Bitter	£4.60		
Peroni gluten free	£4.25	Guinness Draught Surger	£4.60
Brewdog Punk IPA	£4.25	Corona	£3.95
Becks Blue (0.05%)	£2.80	Old mout Summer berries	£4.85
Kopparberg Naked Apple	£4.85	Old mout kiwi and lime	£4.85

### Soft Drinks

J2O (a choice of flavours), Appletiser @ £2.95

Coke, Diet coke, Lemonade @ £2.95 Large @ £3.50

Ginger ale, Bitter lemon, @ £2.05

Glass soda water @ £1.05 Large @ £2.00

Orange Juice, Apple juice, Cranberry juice, Pineapple juice £2.20

Cordials – Blackcurrant, Lime, Orange 35p

Radnor Hills Still & Sparkling Water 750ml @ £3.95 330ml @ £2.50

Schweppes tonic 125ml, Schweppes slimline tonic 125ml @ £2.05

Fever tree tonic 200ml, Fever Tree light tonic 200ml, Fever tree elderflower 200ml @ £2.95

Please ask a member of staff for our wine and cocktail list