

GLUTEN FREE MENU



. Small Plates .

Great as Bar Snacks, Starters or to create your own Sharing Board

Mediterranean Olives 4.00

Baked Baby Camembert + Hot Honey + Toasted Seeds + Gluten Free Ciabatta 12.50

Edamame Beans + Smoked Sea Salt 5.00

Houmous + Topped with Zatar Minced Lamb + Gluten Free Flatbread 6.50

Soup of the Day + Gluten Free Ciabatta 7.00

Thai Potted Crab + Wakame Salad + Gluten Free Toast 9.00

Mini Mezze Houmous + Tzatziki + Greek Salad + Gluten Free Flatbread 9.00

. Lunch Grub .

Served Monday-Saturday 12pm-2.30pm

B-HELL-T Gluten Free Ciabatta 11.00

Bacon + Lettuce + Tomato + Sriracha Mayo add chips or Fries 2.50

Smokey House Beans on Gluten Free Toast 7.25

Rocket + Parmesan add chips or Fries 2.50

Smashed Avocado, 2 Poached Eggs & Feta on Gluten Free Toast 10.00

Toasted Seeds add chips or Fries 2.50

IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS PLEASE INFORM A
MEMBER OF THE TEAM

. Mains .

Crispy Smoked Tofu Poke Bowl-13.00

Brown Rice + Edamame
+ Smashed Avocado + Wakame
+ Crispy Kale + Pickled Cabbage
+ Sriracha Mayo

Tandoori Salmon Tikka Masala 19.00

Brown Rice + Glass Onion Salad

Gluten Free Loaded Flatbread 15.00

Spiced Minced Lamb + Houmous + Feta +
+ Greek Salad + Tzatziki

Bourbon Glazed Beef Short Rib 22.00

Fries + Pickled Slaw

Bavette Steak 24.00

Sliced over House Seasoned Fries +
Peppercorn Sauce + Rocket & Parmesan
Salad

Green Caesar 14.00

Tempura Tenderstem + Romaine Lettuce
+ Gran Moravia + Caesar Dressing +
Crispy Kale + Toasted Seeds

. Burgers .

Served in a Gluten Free Bun with Lettuce & Tomato and a side of Fries

Double up your Protein for £5.00

Pizza Patty 16.00

Beef Patty,
American Cheese; Pepperoni;
Pomodoro Sauce;
Garlic & Herb Mayo

Hot Chick 16.00

Crispy Cornflake Chicken &
Hot Honey;
Pickled Slaw;
Sriracha Mayo

The Beyond 15.00

Beyond Meat Patty;
Smoked Applewood Plant
Cheese;
House Burger Mayo

. SIDES .

Market Veggies 4.50

Garden Salad 4.00

Fries 4.25

Chunky Chips 4.25

Mashed Potatoes 4.00

GF Ciabatta 2.50

Nacho Fries 6.00

Molten Cheese + Smashed Avo
+ Soured Cream

Pizza Fries 6.00

American Cheese + Pepperoni
+ Pomodoro Sauce

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