

# NON-GLUTEN MENU

## GRAZING & SHARERS

- ROASTED & SALTED CASHEWS** ④ 466kcal 4.00
- NOCELLARA GREEN OLIVES** ④ 162kcal 4.00  
Maldon sea salt
- CARAMELISED CHILLI HONEY NUTS** ④ 670kcal 4.25  
Cashews, pecans, pistachios
- SPICED HUMMUS** ④ 287kcal 4.50  
Non-gluten bread, extra virgin olive oil, pomegranate seeds, coriander cress
- BAKED CAMEMBERT** ④ 951kcal 12.50  
Pistachios, apricots, chilli infused honey, extra virgin olive oil, non-gluten bread

## SMALL PLATES 7.00

- CURRIED CAULIFLOWER WINGS** ④ 631kcal 7.00  
Madras batter, mango relish, chilli flakes, spring onion
- HALLOUMI FRIES** ④ 826kcal 7.00  
Tracklements chilli jam, garlic and parsley mayonnaise, pomegranate seeds
- TEMPURA PADRON PEPPERS** ④ 343kcal 7.00  
Maldon sea salt, smoky chipotle mayonnaise
- ROAST CHORIZO** 555kcal 7.00  
Red wine, chilli infused honey, non-gluten bread, coriander cress
- KING PRAWNS PIL PIL** 847kcal 7.00  
Chilli, garlic and parsley butter, non-gluten bread
- DRY CURED PORK COPPA** 702kcal 7.00  
Gran Moravia cheese, sunblushed tomatoes, rocket, extra virgin olive oil, non-gluten bread
- TORCHED ROSARY GOAT'S CHEESE** ④ 342kcal 7.00  
Non-gluten crouton, candied orange, pomegranate seeds, extra virgin olive oil, coriander cress

## MAIN PLATES & BURGERS

- KALE CAESAR** ④ 369kcal 10.95  
Baby spinach, sunblushed tomatoes, Gran Moravia cheese, soft-boiled free range egg
- add grilled halloumi 2.75 499kcal, chargrilled chicken 3.25 237 kcal, grilled prawns 3.75 201 kcal, salmon fillet 5.75 346kcal*
- GRILLED SALMON** 767kcal 15.95  
Fennel, cucumber and Jersey Royal salad, red chillies, grilled lemon, sour cream dressing, flat leaf parsley, mint, pomegranate seeds
- CHIMICHURRI SHREDDED CHICKEN RICE BOWL** 1013kcal 14.95  
Brown rice, kale, paprika chickpeas, baby spinach, fennel, flat leaf parsley, seeded avocado, pomegranate seeds, sour cream dressing, grilled lemon
- 28 DAY AGED SIRLOIN STEAK** 1514kcal 18.50  
Chargrilled 8oz sirloin steak, triple-cooked chips, slow roasted beef tomato, flat mushroom, peppercorn sauce, dressed house salad
- WAGYU BURGER** 1398kcal 14.50  
Non-gluten seeded bun, beef tomato, gem lettuce, pickled gherkins, burger sauce, triple-cooked chips
- add Barber's vintage Cheddar 351kcal, Emmental cheese 73kcal, smoked streaky bacon 156kcal 1.50 each*

## SANDWICHES

- SERVED MON-SAT UNTIL 5PM
- SERVED ON NON-GLUTEN BREAD WITH A MUG OF TRIPLE-COOKED CHIPS 580kcal OR A DRESSED HOUSE SALAD 128kcal  
*swap fries to sweet potato fries 649kcal 1.50*
- AHT SANDWICH** ④ 671kcal 8.75  
Avocado, halloumi, tomato, dill oil, Tracklements onion marmalade
- CBLT SANDWICH** 527kcal 8.75  
Chargrilled chicken breast, smoked streaky bacon, beef tomato, gem lettuce, mayonnaise
- STEAK SANDWICH** 402kcal 9.25  
4oz sirloin steak, Tracklements onion marmalade, gem lettuce, horseradish

## SIDES

- TRIPLE-COOKED CHIPS** ④ 580kcal 3.45
- SWEET POTATO FRIES** ④ 649kcal 3.95
- KIMCHI 'SLAW** ④ 15kcal 1.95
- HOUSE SALAD** ④ 128kcal 2.75  
Gem lettuce, baby spinach, diced cucumber and beef tomato, red onion, red peppers, grated carrot, lemon and extra virgin olive oil dressing

## DESSERTS 6.00

- WARM CHOCOLATE BROWNIE** ④ 829kcal 6.00  
Salted caramel, vanilla pod ice cream, chocolate sauce
- AFFOGATO** ④ 642kcal 6.00  
Vanilla pod ice cream, espresso, chocolate sauce
- CAMBRIDGE BURNT CREAM** ④ 550kcal 6.00  
Caramelised sugar, chilli infused honey roasted pecans

### MINI DESSERT & COFFEE 4.75

Cambridge burnt cream ④ 274kcal, warm chocolate brownie ④ 310kcal, affogato ④ 220kcal

## SUNDAY ROASTS

SERVED SUNDAYS ONLY - ALL FRESHLY PREPARED AND SERVED WITH ROAST POTATOES, SEASONAL VEGETABLES AND ROAST GRAVY

- TOPSIDE BEEF** 1105kcal 17.25
- HALF ROAST CHICKEN** 1058kcal 15.25
- SWEET POTATO & CHESTNUT** ④ 1192kcal 13.25
- SIDES**
- Cauliflower Cheese ④ 319kcal 2.75