

# NON-GLUTEN MENU

## GRAZING & SHARERS

<b>NOCELLARA GREEN OLIVES</b> ④ 162kcal Maldon sea salt	5.00
<b>ROASTED &amp; SALTED CASHEWS</b> ④ 466kcal	4.50
<b>CARAMELISED CHILLI HONEY NUTS</b> ④ 726kcal Cashews, pecans, pistachios	5.00
<b>BAKED CAMEMBERT</b> ④ 1130kcal Pistachios, apricots, chilli infused honey, extra virgin olive oil, non-gluten bread	14.00

## SMALL PLATES

<b>SPICED HUMMUS</b> ④ 392kcal Non-gluten bread, extra virgin olive oil, pomegranate seeds, coriander cress	7.00
<b>CURRIED CAULIFLOWER WINGS</b> ④ 274kcal Madras batter, mango relish, chilli flakes, spring onion	7.00
<b>TOMATO &amp; BASIL SOUP</b> ④ 416kcal Non-gluten bread	7.50
<b>TEMPURA PADRON PEPPERS</b> ④ 307kcal Maldon sea salt, smoky chipotle mayonnaise	7.00
<b>HALLOUMI FRIES</b> ④ 737kcal Tracklements chilli jam, garlic and parsley mayonnaise, pomegranate seeds	7.50
<b>KING PRAWNS PIL PIL</b> 603kcal Chilli, garlic and parsley butter, non-gluten bread	8.00

## PUB CLASSICS

<b>HAM &amp; EGGS</b> 830kcal Honey roasted ham, fried free range eggs, triple-cooked chips	14.50
<b>HUNTERS CHICKEN</b> 1192kcal Grilled chicken breast in BBQ sauce, topped with smoked streaky bacon and Cheddar cheese with triple-cooked chips, house slaw	16.00

## SIDES

<b>TRIPLE-COOKED CHIPS</b> ④ 448kcal	4.50
<b>SWEET POTATO FRIES</b> ④ 549kcal	5.00
<b>HOUSE SLAW</b> ④ 283kcal	3.00
<b>SEASONAL GREENS</b> ④ 111kcal	3.50
<b>HOUSE SALAD</b> ④ 127kcal Gem lettuce, baby spinach, diced cucumber and beef tomato, red onion, red peppers, grated carrot, lemon, extra virgin olive oil dressing	4.00

## PUDDINGS 7.50 EACH

<b>WARM CHOCOLATE BROWNIE</b> ④ 829kcal Salted caramel, vanilla pod ice cream, chocolate sauce	
<b>AFFOGATO</b> ④ 581kcal Vanilla pod ice cream, espresso, chocolate sauce	

## MAINS & BURGERS

<b>CHIMICHURRI SHREDDED CHICKEN RICE BOWL</b> 986kcal Brown rice, kale, paprika chickpeas, baby spinach, fennel, flat leaf parsley, seeded avocado, pomegranate seeds, sour cream dressing, grilled lemon	16.50
<b>GRILLED SALMON</b> 543kcal Fennel, cucumber and baby potato salad, red chillies, grilled lemon, sour cream dressing, flat leaf parsley, mint, pomegranate seeds	17.50
<b>28 DAY AGED SIRLOIN STEAK</b> 1160kcal Chargrilled 8oz sirloin steak, triple-cooked chips, slow roasted beef tomato, flat mushroom, peppercorn sauce, dressed house salad	24.00
<b>WAGYU BURGER</b> 1044kcal 6oz Wagyu beef patty, non-gluten bun, gem lettuce, beef tomato, pickled gherkins, triple-cooked chips	17.50
<b>Add Barber's vintage Cheddar</b> 351kcal, <b>smoked streaky bacon</b> 156kcal <b>2.00 each</b>	

**Swap fries to sweet potato fries +20kcal 2.00**

## SANDWICHES

SERVED MON-SAT UNTIL 5PM

Served on non-gluten bread with a mug of triple-cooked chips 347kcal or a dressed house salad 127kcal  
**Swap fries to sweet potato fries +20kcal 2.00**

<b>CBLT SANDWICH</b> 645kcal Chargrilled chicken breast, smoked streaky bacon, beef tomato, gem lettuce, mayonnaise	10.00
<b>AHT SANDWICH</b> ④ 789kcal Avocado, halloumi, tomato, dill oil, Tracklements onion marmalade	10.00
<b>STEAK SANDWICH</b> 520kcal 4oz sirloin steak, Tracklements onion marmalade, gem lettuce, horseradish	11.00

## ON SUNDAYS, WE ROAST

All our Sunday roasts are freshly prepared and served with roast potatoes, seasonal vegetables and gravy

<b>TOPSIDE BEEF</b> 1107kcal	20.00
<b>HALF ROAST CHICKEN</b> 1028kcal	18.00
<b>SWEET POTATO &amp; CHESTNUT</b> ④ 838kcal	16.50
<b>SIDES</b>	
<b>CAULIFLOWER CHEESE</b> ④ 319kcal	4.00

④ Suitable for vegetarians. ④ Suitable for vegans. Fish and poultry dishes may contain bones. All weights are approximate prior to cooking. All items are subject to availability. Adults need around 2000kcal a day. **Allergen Information.** If you have any allergies or dietary requirements, please speak to our team for more information. Our kitchens contain many ingredients and so we cannot guarantee the total absence of nuts, gluten, or other allergens. Menu descriptions do not contain all ingredients. Our fryers are used to cook different products so we cannot guarantee total absence of animal products or allergens. A full list of allergens in each dish is available for your peace of mind. **A 10% discretionary service charge will be added to the final bill. All tips are retained by the grateful team.**