

GLUTEN FREE MENU

STARTERS

CHEF'S SOUP OF THE DAY (v) FRESHLY HOMEMADE SOUP, SERVED WITH GLUTEN FREE BREAD. ASK FOR TODAY'S SELECTIONS	4.50
CREAMY GARLIC MUSHROOMS (v) CREAMY MUSHROOMS IN A GARLIC AND CREAM SAUCE SERVED ON GLUTEN FREE BREAD	5.00
STICKY CHILLI BEEF SHREDDED BEEF MIXED WITH SPRING ONIONS, HONEY, SOY, FRESH CHILLIES AND PAK CHOI	6.00
HALLOUMI FRIES, WITH HOMEMADE SALSA (v)	6.00

SALADS

CRISPY LEAVES, COURGETTE, TOMATOES, CUCUMBER, RED ONION, GRATED CARROT TOPPED WITH ONE OF THE FOLLOWING OPTIONS: 5OZ RUMP STEAK, FRENCH DRESSING GRILLED HALLOUMI, SWEET CHILLI DRESSING (v) PAN FRIED SALMON, FRENCH DRESSING	9.00
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STEAKS AND MAIN COURSES

RUMP STEAK 28 DAY MATURED, 10OZ BRITISH RUMP, SERVED WITH GRILLED TOMATO, ROASTED FLAT MUSHROOM, PETIT POIS, AND PROPER CHIPS	16.50
SURF & TURF 28 DAY MATURED 8OZ SIRLOIN STEAK, GARLIC KING PRAWNS SERVED WITH GRILLED TOMATO, ROASTED FLAT MUSHROOM, PETIT POIS, AND PROPER CHIPS	19.00
SIRLOIN 28 DAY MATURED 8OZ BRITISH SIRLOIN STEAK, RECOMMENDED COOKED NO MORE THAN MEDIUM, SERVED WITH GRILLED TOMATO, ROASTED FLAT MUSHROOM, PETIT POIS, AND PROPER CHIP	17.00

<p>COCK & BULL</p> <p>STRIPS OF CHICKEN BREAST AND RUMP STEAK IN OUR CREAMY PEPPERCORN SAUCE SERVED HALF CHIPS AND HALF RICE</p>	14.50
<p>CHILLI CON CARNE</p> <p>HOMEMADE SPICY CHILLI, SERVED WITH FRESH BASMATI RICE AND GARLIC BREAD</p>	12.50
<p>CHICKEN AND THYME HOTPOT</p> <p>TOPPED WITH SLICED POTATOES, SERVED WITH GLUTEN FREE BREAD AND RED CABBAGE</p>	13.50
<p>THAI SALMON</p> <p>SEARED SALMON STEAK, ON A BED OF ASIAN INSPIRED VEGETABLES WITH A DELICATE THAI RED CURRY SAUCE</p>	14.50
<p>LAMB RUMP</p> <p>PAN SEARED LAMB RUMP, SERVED WITH HASSELBACK POTATOES, TENDERSTEM BROCCOLI AND ASPARAGUS WRAPPED IN PARMA HAM, FINISHED WITH A RED WINE JUS</p>	15.50
<p>STUFFED CHICKEN</p> <p>CHICKEN STUFFED WITH GOATS CHEESE AND PESTO, WRAPPED IN PARMA HAM IN A PANCETTA AND SPRING ONION CREAM SAUCE, GARLIC AND THYME POTATOES AND WINTER VEGETABLES</p>	14.50
<p>LAMB SHANK</p> <p>OVEN ROASTED LAMB SHANK, SERVED ON GARLIC MASH WITH ROSEMARY GRAVY, TENDERSTEM BROCCOLI AND ASPARAGUS WRAPPED IN PARMA HAM</p>	15.50
<p>PORK BELLY</p> <p>BRAISED PORK BELLY, SERVED WITH BLACK PUDDING MASH, SERVED WITH OUR APPLE AND THYME SAUCE</p>	14.50
<p>ASPARAGUS AND MUSHROOM RISOTTO (VE)</p> <p>WILD MUSHROOMS AND FRESH ASPARAGUS IN OUR HOME MADE RISOTTO TOPPED WITH TRUFFLE OIL AND OPTIONAL (VC) PARMESAN SHAVINGS</p>	12.00
<p>ASIAN COURGETTI (VE)</p> <p>PAN FRIED STRIPS OF COURGETTE, CARROT, SPRING ONION, CHILLI, CORIANDER, GREEN BEANS, FINISHED WITH AVOCADO OIL</p>	13.00