

NON-GLUTEN LUNCH MENU*

The dishes below have recipes which do not contain gluten or can be adapted to remove gluten in the recipe. Please let us know of your allergy or intolerance.

LIGHTER LUNCH served 12noon until 5pm

STEAK FRITES

4oz sirloin, parmesan fries, rocket £16

LOADED FRIES

PIZZA-STYLE FRIES (v)

melted cheese, tomatoes and oregano £8

CHICKEN TIKKA FRIES

pickled red onion and raita £12

HOT SANDWICHES

SIRLOIN STEAK

onion chutney and rocket £15

CHICKEN TIKKA

mango chutney and raita £12

ADD MUG OF SOUP FOR £4 or FRIES £4.50

sandwiches on white sesame GF bun

*We cannot call any of these dishes *gluten free*, as gluten is used in many forms in the kitchen and it is possible there could be some cross contamination, although every effort is done to keep gluten out of these dishes.

NON-GLUTEN MAIN MENU*

The dishes below have recipes which do not contain gluten or can be adapted to remove gluten in the recipe. Please let us know of your allergy or intolerance.

STARTERS

CHEF`S HOMEMADE SOUP GF bread and salted butter £7.75

MIXED OLIVES £5

HALLOUMI FRIES sweet chilli sauce £7

CREAMY BURRATA warm burnt honey & fennel tomatoes, balsamic syrup, crushed pistachios £9

CREAMY PESTO CHESTNUT MUSHROOMS fresh rocket £8.50

SIZZLING KING PRAWNS & CHORIZO confit garlic, fresh parsley £11

MAINS

H&H FISH PIE

smoked haddock, salmon, & prawns in a fennel infused bechamel,
topped with mashed potato and cheddar £21
add garden peas £2.50 or steamed broccoli £5

HOT HONEY SALMON

kalonji potatoes, roast turmeric cauliflower, curried beetroot puree,
wilted spinach and kale £22

PAN-FRIED SEABASS

roast baby potatoes, warm Santerella tomato and roasted
vegetable salad, cos lettuce and Italian herb dressing £25

PAN-FRIED HARISSA CHICKEN

on a salad of roasted pepper, mixed beans and leaves,
with crumbled feta and minted yoghurt £21

VEGAN

TURMERIC CAULIFLOWER CURRY (ve)

roasted pepper and mixed beans, curried beetroot and tomato sauce,
spiced fried rice with sultanas and black onion seeds (seasoning may contain gluten)
or with skin on fries £17.50

BURGERS

TANDOORI CHICKEN BURGER

tandoori spiced chicken thigh, GF sesame bun,
crisp lettuce, pickled red onion and riata, skin-on fries £17.50

BBQ SWEET POTATO & BLACK BEAN BURGER (ve)

lettuce and tomato, GF sesame bun, skin-on fries, and tomato relish £16

PAN-FRIED STEAKS

Our steaks are locally sourced, aged for at least 28 days. Carefully cooked to your liking
served with slow-cooked confit tomatoes,
sauteed garlic mushrooms, fresh rocket,
with skin-on fries

10oz SIRLOIN

the small amount of marbling gives tenderness and flavour £31

10oz RIBEYE

more marbling running through to baste the meat as it is grills, this cut has both full flavour
and is juicy and tender £32

STEAK EXTRAS

Peppercorn Sauce £4

Garlic King Prawns £7

Yorkshire Blue Cheese Sauce £4

SIDE DISHES

STEAMED BROCOLLI £5 ROASTED MEDITERRANEAN VEG £5

SKIN ON FRIES £4.50

ASPEN FRIES £6

ROCKET & PARMESAN SALAD £5

NON-GLUTEN DESSERTS*

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DESSERTS

CHOCOLATE BROWNIE (gf)

butter toffee ice cream, caramel sauce £9

MANGO & PASSIONFRUIT ETON MESS

Chantilly cream and crisp meringue £8.50

AFOGATO

a single scoop of vanilla ice cream served with a hot espresso £5.50

why not add a shot of your favourite liqueur

SGROPPINO

Sicilian lemon sorbet with a shot of chilled Limoncello and a splash of prosecco £6

TIPSY ICE CREAM

a single scoop of vanilla ice cream

with a shot of Kindred liqueur...£5.50

Raspberry & Orange or Cherry & Almond

ICE CREAM £2.75 PER SCOOP

Vanilla Bean

Salted Chocolate

Mint Choc Chip

White Chocolate

English Butter Toffee

Raspberry Ripple

Salted Caramel (ve)

SORBET (ve) £2.75 PER SCOOP

Mango or Lemon