

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 non gluten fries, rocket £14

BEER-BATTERED BANANA BLOSSOM

non gluten fries, garden peas or mushy peas, tartare £13

LOADED FRIES

PIZZA-STYLE FRIES (v)

melted cheese, tomatoes and oregano £8

PEPPERED STEAK FRIES

sliced steak, creamy peppercorn sauce £14

PULLED CHIPOTLE CHICKEN FRIES

melted cheese, spring onion and chillis £12

COLD SANDWICH

SMOKED SALMON AND PRAWN

crisp lettuce and Marie rose sauce £10

CORONATION CHICKEN

lightly curried mayo, sultanas & almonds £10

HOT SANDWICHES

SIRLOIN STEAK

balsamic mushrooms and rocket £12

FALAFEL T.L.T. (v)

tzatziki, lettuce & tomato, with chilli relish £10

*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.

NIBBLES AND STARTERS

MARINATED OLIVES (*ve*) £5

BALSAMIC MUSHROOMS ON TOASTED NON-GLUTEN BREAD (*v*, *ve*)
shallots, garlic and thyme, crumbled feta or vegan feta £8

WHIPPED GOATS CHEESE (*v*)
honeyed roast beetroot, toasted non-gluten bread and balsamic £8

TODAYS SOUP with non-gluten bread & flavoured butter (*v*) £6.75

CREOLE KING PRAWNS spicy and smoky tomato sauce with non gluten bread £10

MAINS

BATTERED BANANA BLOSSOM & FRIES
with a choice of garden or mushy peas, lemon wedge & tartare sauce £16.95

GRILLED BACON CHOP
fries, roasted vine tomato, fried egg or pineapple £19

H&H FISH PIE
smoked haddock, salmon, & prawns in a fennel infused bechamel,
topped with mashed potato and cheddar £19
add garden peas £2 or steamed long-stem broccoli £4

CHICKEN BALLOTINE

rolled chicken, stuffed with fresh pesto, wrapped in Parma ham,
parmesan and lemon potatoes, fine beans, tomato confit £18.50

OVEN-ROAST PORK TENDERLION MEDALLIONS

crushed new potatoes, marinated courgette, stem broccoli,
peach red pepper and chilli relish £22

CHURRASCO BEEF STEAK

chargrilled hanger steak, marinated in garlic, lime and oregano
with a warm smoked potato salad, crisp leaves and red peppers
topped with fresh chimichurri sauce £19.50

PAN-FRIED SEASBASS FILLET

warm heritage tomato, courgette and red pepper salad, roast baby potatoes,
cos lettuce, sun-blush tomato dressing £22

HONEY GLAZED CAJUN SALMON

lemon-scented wild rice, fine beans, pea and avocado puree,
warm sweetcorn and red pepper salsa, watercress £19.50

or with MARINATED BANANA BLOSSOM (ve)

HOMEMADE FALAFEL BURGER (ve)

tzatziki, lettuce and tomato, toasted non-gluten bun, skin-on fries,
chilli relish, and salad garnish £14.50

PULLED CHIPOTLE CHICKEN BURGER

mozzarella, toasted non-gluten bun, crisp lettuce, confit tomato, skin-on fries £16.50

PAN-FRIED STEAKS

Our steaks are locally sourced, aged for at least 28 days. Carefully cooked to your liking, served with roasted tomato, mushroom, fresh rocket and non gluten fries

10oz SIRLOIN £27

The small amount of marbling gives tenderness and flavour

10oz RIBEYE £29.50

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

STEAK EXTRAS

Peppercorn Sauce £3.50

Garlic King Prawns £6.50

Yorkshire Blue Cheese £3.50

RECOMMENDED ON THE SIDE

MASHED POTATP £4

STEAMED BROCOLLI £4

FRIES £4.25

ASPEN FRIES £6

FETA, TOMATO & PESTO SALAD

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NON-GLUTEN DESSERTS*

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CHOCOLATE BROWNIE

peanut fudge sauce, peanut brittle, butter toffee ice cream £8

BANOFFEE SUNDAE

banana and toffee ice creams, banana pieces, fudge chunks, caramel sauce,
with whipped cream £9

KIWI & LYCHE ETON MESS

crisp meringue and whipped cream £8

TIPSY ICE CREAM

a single scoop of vanilla ice cream
with a shot of Kindred liqueur...£5.25

Raspberry & Almond or Maple & Pecan or Cherry & Almond

AFOGATO

a single scoop of vanilla ice cream
served with a hot espresso £4.25
why not add a shot of your favourite liqueur

ICE CREAM £2.50 PER SCOOP

Vanilla Bean

Chocolate

Rhubarb & Raspberry Swirl

Banana

Butter Toffee

Salted Caramel (ve)

SORBET (ve) £2.25 PER SCOOP

Mango or Sicilian Lemon