



# GLUTEN FREE Menu

## STARTERS & NIBBLES

**MARINATED OLIVES** **V** | 2.75

**MINI BAKED CAMEBERT** **V** | 6.50

Served with vegetable batons and ale chutney  
*Belgian Style Beer*

**HOMEMADE SOUP** **V** | 4.95

Please ask for today's choice

**B&K WINGS** | 5.95

Plain or Spicy Buffalo, served with blue cheese dip

## MAINS

**10oz RUMP STEAK (21-DAY AGED)** | 15.25

Add peppercorn sauce or melted blue cheese | 1.80

Served with chunky chips, roast beef tomato, Portobello mushroom & red onion salad

**PAN SEARED FILLET OF SALMON** | 12.25

Served with sweet potato mash, kale and coriander pesto

**CHARGRILLED CHICKEN & WILD MUSHROOMS** | 10.50

Served with wild rice, kale and a white wine & cream sauce

**MOROCCAN VEGETABLE TAGINE** **V** | 9.50

Peppers, sweet potato, courgette, almonds sultanas. Served with wild rice and yogurt

**FLAT CAP STACK** **V** | 8.75

Grilled Portobello mushroom, halloumi cheese, red onion marmalade, tomato, lettuce and red onion. Served with a side of fries

## SALADS

**CHICKEN CAESAR** | 9.25

Cos lettuce tossed in a Caesar dressing, topped with grilled chicken breast and shaved Parmesan

**HOT SMOKED SALMON** | 9.75

Mixed leaves, olives, green beans, new potatoes and tomatoes, tossed in a balsamic dressing

**CHARGRILLED VEGETABLE & FETA**

**V** | 8.95

Peppers, sweet potato, courgette, tomatoes and mixed leaves tossed in a balsamic dressing

## SIDES

**FRIES** | 2.75

**CHUNKY CHIPS** | 2.75

**CHILLI CHEESE FRIES** | 3.75

**SLAW** | 2.25

**HOUSE SALAD** | 3.50

## DESSERTS

**ETON MESS** | 4.95

Summer berries, meringue and whipped cream

**WARM CHOCOLATE BROWNIE** | 4.95

Served with vanilla ice cream

**CHOCOLATE BROWNIE SUNDAE** | 4.95



## COFFEE

Our coffees are made using superior **KIMBO** beans. A selection of teas and hot chocolate are also available

**V** indicates vegetarian dishes.

Please ask a team member for our list of allergens