



GLUTEN FREE Menu

STARTERS & NIBBLES

MARINATED OLIVES **V** | 2.95

MINI BAKED CAMEMBERT **V** | 6.75

Served with vegetable batons and ale chutney
Belgian Style Beer

HOMEMADE SOUP **V** | 5.25

Please ask for today's choice

B&K WINGS | 6.50

Plain or Spicy Buffalo, served with blue cheese dip

MAINS

10oz RUMP STEAK (21-DAY AGED) | 16.25

Add peppercorn sauce or melted blue cheese | 1.70

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

PAN SEARED FILLET OF SALMON | 12.75

Served with sweet potato mash, kale and coriander pesto

CHARGRILLED CHICKEN & WILD MUSHROOMS | 10.95

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

MOROCCAN VEGETABLE TAGINE **V** | 9.95

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

FLAT CAP STACK **V** | 9.50

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

SALADS

CHICKEN CAESAR | 10.50

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

HOT SMOKED SALMON | 10.95

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

CHARGRILLED VEGETABLE & FETA **V** | 9.25

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

SIDES

FRIES | 3.00

CHUNKY CHIPS | 3.00

CHILLI CHEESE FRIES | 3.95

SLAW | 2.50

HOUSE SALAD | 3.75

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