

# Gluten Free Menu

## Nibbles & Light Bites

Pittas & Hummus £3.95

Garlic Ciabatta £5 add cheese 50p

Parmesan Polenta Chips, Lemon Hummus  
£3/£5.50

Marinated Olives £3.50

Lamb Kefta with Tzatziki £3.50/£6

Soup of the Day & Chunky Bread £5.5

## Starters & Salads

Crispy Hoisin Beef, Coconut Asian Salad, Chilli Peanut £6.50 / £12.00

Chicken Caesar Salad, Local Bacon Lardons, Anchovies, Soft Boiled Egg  
£6.50/£12.00

Roasted Butternut Squash, Eggplant, Tahini, Dried Tomato,  
Sunflower Seeds, Za'tar Spice £5.50/£9.00

## Mains

Hampshire Beef Burger, Topped With Pulled Pork, Smoked Cheddar,  
Onion Chutney, Lettuce & Tomato, Skin on Fries & Coleslaw £12.95

Mushroom & Lentil "Berliner" Burger, Curry Ketchup & Kraut  
Lettuce & Tomato, Skin on Fries & Coleslaw £11.50

Vegetable, Chickpea and Aromatic Chili Tagine with Rice,  
Flatbread and Tahini £10.95

Slow Cooked Nihari Lamb Stew, Basmati Rice, Pitta Bread,  
Minted Yogurt

Baked Rosemary & Garlic Camembert, Bread with Onion Jam & Crudités £10.95

## Toasted Sandwiches £6.50

All Served With Skin on Fries & Mixed Leaf Salad (lunchtime only)

Tuna & Red Onion

Bacon, Brie & Cranberry

BLT

Chicken & Dijon Mustard Mayo

Egg Mayo & Watercress

Pork, Sauerkraut & Piccalilli

Smoked Cheese & Chutney

BBQ Pulled Pork & Smoked Cheese

## Jacket Potatoes £4.95 (lunchtime only)

Fillings are 50p Each

Smoked Cheese

Beans

BBQ Pulled Pork

Tuna & Red Onion

Chicken & Dijon Mustard Mayo

Please advise staff if you are ordering from this menu and if you have any other dietary requirements