

# Gluten Free Menu

## Nibbles & Light Bites

Marinated Olives £3.50

Pittas & Hummus £3.75/£4.75

Garlic Ciabatta £3.75 add cheese 50p

Parmesan Polenta Chips, Lemon Hummus

£3.95/£6.50

Fries with either Satay Sauce,

Burnt Beef Dripping Butter or

Gravy £5.25

Soup of the Day & Chunky Bread £5.75

Lamb Kofta with Tzatziki £4.75/£8.50

## Starters & Salads

Crispy Hoisin Beef, Asian Salad, Chilli Peanuts £6.75/£12.50

Chicken Caesar Salad, Local Bacon Lardons, Anchovies, Soft Boiled Egg £6.75/£12.50

Roast Squash & Red Peppers with Falafel, Lentils, Figs, Sunflower Seeds, Tahini & Zaatar Spice

£6.25/£9.75

## 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  
£11.95

Spiced Dal Lentil Curry, Butternut Squash, Ras-el-Hanout Carrots, Greens & Flatbread with either Falafel  
£10.95 OR Curried Lamb £12.95

Crisp Pancetta Crumbed Chicken Breast, Mustard & Tarragon Sauce, Crushed Parsley Potato Salad,  
Seasonal Greens £12.95

Falafel Burger, Roast Red Pepper, Hummus & Tzatziki, Lettuce & Tomato, Skin on Fries & Coleslaw £11.95

The Veggie Platter Board - Roast Squash & Red Peppers, Parmesan Polenta Chips, Olives, Falafel,  
Hummus & Flatbread £9.95/£18.95

## 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