

# NON-GLUTEN MENU

## GRAZING & SHARERS

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|---|-------|
| <b>NOCELLARA GREEN OLIVES</b> ⑆ 162kcal<br>Maldon sea salt  | 4.50  |
| <b>ROASTED &amp; SALTED CASHEWS</b> ⑆ 466kcal   | 4.50  |
| <b>CARAMELISED CHILLI HONEY NUTS</b> ⑆ 726kcal<br>Cashews, pecans, pistachios   | 4.75  |
| <b>BAKED CAMEMBERT</b> ⑆ 1130kcal<br>Pistachios, apricots, chilli infused honey, extra virgin olive oil, non-gluten bread | 12.95 |

## SMALL PLATES

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| <b>SPICED HUMMUS</b> ⑆ 392kcal<br>Non-gluten bread, extra virgin olive oil, pomegranate seeds, coriander cress | 6.50 |
| <b>CURRIED CAULIFLOWER WINGS</b> ⑆ 274kcal<br>Madras batter, mango relish, chilli flakes, spring onion         | 7.00 |
| <b>TOMATO &amp; BASIL SOUP</b> ⑆ 416kcal<br>Non-gluten bread   | 7.00 |
| <b>TEMPURA PADRON PEPPERS</b> ⑆ 307kcal<br>Maldon sea salt, smoky chipotle mayonnaise                          | 7.00 |
| <b>HALLOUMI FRIES</b> ⑆ 737kcal<br>Tracklements chilli jam, garlic and parsley mayonnaise, pomegranate seeds   | 7.50 |
| <b>KING PRAWNS PIL PIL</b> 603kcal<br>Chilli, garlic and parsley butter, non-gluten bread                      | 8.00 |

## PUB CLASSICS

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| <b>HAM &amp; EGGS</b> 830kcal<br>Honey roasted ham, fried free range eggs, triple-cooked chips   | 13.95 |
| <b>HUNTERS CHICKEN</b> 1192kcal<br>Grilled chicken breast in BBQ sauce, topped with smoked streaky bacon and Cheddar cheese with triple-cooked chips, house slaw | 15.25 |

## SIDES

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| <b>TRIPLE-COOKED CHIPS</b> ⑆ 448kcal   | 4.00 |
| <b>SWEET POTATO FRIES</b> ⑆ 549kcal  | 4.50 |
| <b>HOUSE SLAW</b> ⑆ 283kcal  | 2.50 |
| <b>SEASONAL GREENS</b> ⑆ 111kcal   | 3.00 |
| <b>HOUSE SALAD</b> ⑆ 127kcal<br>Gem lettuce, baby spinach, diced cucumber and beef tomato, red onion, red peppers, grated carrot, lemon, extra virgin olive oil dressing | 3.50 |

## MAINS & BURGERS

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| <b>CHIMICHURRI SHREDDED CHICKEN RICE BOWL</b> 986kcal<br>Brown rice, kale, paprika chickpeas, baby spinach, fennel, flat leaf parsley, seeded avocado, pomegranate seeds, sour cream dressing, grilled lemon | 15.50 |
| <b>GRILLED SALMON</b> 543kcal<br>Fennel, cucumber and baby potato salad, red chillies, grilled lemon, sour cream dressing, flat leaf parsley, mint, pomegranate seeds  | 16.50 |
| <b>28 DAY AGED SIRLOIN STEAK</b> 1160kcal<br>Chargrilled 8oz sirloin steak, triple-cooked chips, slow roasted beef tomato, flat mushroom, peppercorn sauce, dressed house salad                              | 20.00 |
| <b>WAGYU BURGER</b> 1044kcal<br>6oz Wagyu beef patty, non-gluten bun, gem lettuce, beef tomato, pickled gherkins, triple-cooked chips  | 16.00 |
| <b>Add Barber's vintage Cheddar</b> 351kcal, <b>smoked streaky bacon</b> 156kcal <b>1.50 each</b>  |       |

**Swap fries to sweet potato fries +20kcal 2.00**

## SANDWICHES

SERVED MON-SAT UNTIL 5PM

Served on non-gluten bread with a mug of triple-cooked chips 347kcal or a dressed house salad 127kcal  
**Swap fries to sweet potato fries +20kcal 2.00**

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| <b>CBLT SANDWICH</b> 645kcal<br>Chargrilled chicken breast, smoked streaky bacon, beef tomato, gem lettuce, mayonnaise | 9.00 |
| <b>AHT SANDWICH</b> ⑆ 789kcal<br>Avocado, halloumi, tomato, dill oil, Tracklements onion marmalade                     | 9.00 |
| <b>STEAK SANDWICH</b> 520kcal<br>4oz sirloin steak, Tracklements onion marmalade, gem lettuce, horseradish             | 9.50 |

## PUDDINGS 7.00 EACH

**WARM CHOCOLATE BROWNIE** ⑆ 829kcal  
Salted caramel, vanilla pod ice cream, chocolate sauce

**AFFOGATO** ⑆ 581kcal  
Vanilla pod ice cream, espresso, chocolate sauce

⑆ Suitable for vegetarians. ⑆ Suitable for vegans. Fish and poultry dishes may contain bones. All weights are approximate prior to cooking. All items are subject to availability. Adults need around 2000kcal a day. **Allergen Information.** If you have any allergies or dietary requirements, please speak to our team for more information. Our kitchens contain many ingredients and so we cannot guarantee the total absence of nuts, gluten, or other allergens. Menu descriptions do not contain all ingredients. Our fryers are used to cook different products so we cannot guarantee total absence of animal products or allergens. A full list of allergens in each dish is available for your peace of mind. **A 10% discretionary service charge will be added to the final bill. All tips are retained by the grateful team.**