

THE SPICE OF LIFE

NON-GLUTEN MENU

BAR SNACKS & SHARERS

Baked in the box Camembert (v) ~ £6.95

Toasted non-gluten bread and Tracklements sticky fig relish.

SMALL PLATES

THREE FOR £15.00 OR FIVE FOR £25.00

Griddled halloumi cheese (v) ~ £5.95

Roasted vegetables, balsamic, garlic, olive oil, rocket and herb dressing.

Hummus (v) ~ £5.50

Smoked paprika, baby vegetables and non-gluten bread.

Potted sweet potato (v) ~ £5.50

Tracklements onion marmalade, toasted non-gluten bread, crushed walnuts and olive oil.

Stuffed vine leaves (ve) ~ £5.50

Pomegranate dressing, green salad and pomegranate seeds.

Kale and Heritage tomato salad (ve) ~ £5.95

Rocket leaves, kale and olive oil dressing.

Marinated chicken thigh skewers ~ £6.25

Lemon and thyme marinade, rocket and pomegranate dip.

Devilled king prawns ~ £6.25

On avocado with Sriracha sauce.

MAIN PLATES

Courgetti (ve) ~ £8.95

Butternut squash, herb oil, lemon, pomegranate seeds, baby spinach, lemon and olive oil.

Summer salad (ve) ~ £7.50

Baby spinach, edamame beans, green pepper, chilli, red cabbage, carrot, with lemongrass and ginger dressing.

~ Add poached chicken or grilled prawns for £3.00

Seared salmon ~ £12.25

Cauliflower and pomegranate tabbouleh, baba ganoush, basil and olive oil.

Peri peri chicken ~ £10.25

Marinated half chicken on the bone served with sweet potato fries, slaw.

28 day aged grass-fed 8oz sirloin steak ~ £16.50

Sea salted fries, creamed spinach, beef tomato and flat mushroom.

~ Add peppercorn sauce £1.00

Garlic butter roast chicken ~ £12.95

Buttery mash, spinach, leeks, peas and lemon gravy.

OUR SIGNATURE BURGERS

Served in a non-gluten bun with salad burger sauce and sea salted fries.

~ Swap to sweet potato fries for £1.00

Beef ~ £10.50

Chicken breast ~ £9.95

~ Add cheese and bacon £1.50 each

Sweet potato and halloumi stack (v) ~ £9.25

LUNCH

AVAILABLE MONDAY TO FRIDAY 12-5PM

~ All £8.00

With a mug of sea salted fries or house salad

AHT sandwich (v)

Avocado, halloumi, tomato, herb oil and Tracklements onion marmalade.

Chicken and bacon club

Triple layered non-gluten bread sandwich, soft boiled egg, tomato, gem lettuce and mayonnaise.

Steak sandwich

Sliced non-gluten bread, Tracklements onion marmalade, rocket and horseradish.

Reuben sandwich

Toasted non-gluten bread, pastrami, sauerkraut, Emmental cheese and mustard mayonnaise.

SIDES

Fries or chunky chips (v) ~ £3.25

Sriracha mayo.

Sweet potato fries (ve) ~ £3.50

House salad (ve) ~ £2.00

Tomato, cucumber, baby spinach, red pepper, red onion and mixed grains.

DESSERTS

Salted caramel cheesecake (v) ~ £4.95

Dulce de leche sauce.

Warm chocolate brownie (v) ~ £4.95

Vanilla ice cream and chocolate sauce.

(v) suitable for vegetarians. (ve) suitable for vegans. Fish and poultry dishes may contain bones. All weights are approximate prior to cooking. All items are subject to availability. **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. A full list of allergens in each dish is available for your peace of mind. **All prices include V.A.T. Service is not included.** All tips are retained by a grateful team.