

# NON-GLUTEN MENU

## ON THE BAR

### MARINATED MIXED OLIVES ③ 3.25

large green Boscaiola and Kalamata olives,  
Maldon™ sea salt

## SMALL PLATES

### HALLOUMI FRIES ⑤ 5.25

sweet chilli sauce, chilli flakes, chia seeds

### BEETROOT HUMMUS ⑤ 5.25

diced beetroot, non-gluten seeded bread

### CRISPY DUCK WINGS 5.95

sweet sticky BBQ sauce, red pepper, spring onion, sesame seeds

### NACHO DIRTY FRIES ⑤ 5.95

nacho cheese, tomato salsa, sour cream, guacamole, jalapeños

## WINGS 6 for £6 or 12 for £10

### BBQ CHICKEN WINGS

topped with sesame seeds, green peppers, garlic mayo

### KATSU CHICKEN WINGS

topped with sesame seeds, green peppers, garlic mayo

### CURRIED CAULIFLOWER WINGS ③

madras batter, topped with mango relish, chilli flakes, spring onion

## PIZZAS non-gluten pizza base, tomato & basil sauce, topped with mozzarella, with a Gran Moravia and garlic butter brushed crust. Vegan cheese available.

- Halo Pizza! Any of our pizzas with a hole in the middle filled with our super side salad
- Upgrade to buffalo mozzarella for £1
- Pizza to go? We have takeaway boxes

### MARGHERITA ⑤ 7.75

### SPICE & SQUEAKY 9.45

halloumi, red onion, green peppers, sweet chilli sauce

### VEGGIE ONE ⑤ 9.45

roasted courgette, sweetcorn, red and green peppers, red onion

### EL LOCO 11.25

chorizo, Manchego cheese, honey, pine nuts, rocket

### HAWAII 5.0 (disclaimer, order it... we don't judge) 8.55

honey roast ham, pineapple

### SGT. PEPPERONI 9.25

spicy pepperoni

### BARBIE CHICK 9.45

pulled chicken, smoked streaky bacon, red and green peppers, red onion, BBQ sauce

## BURGERS all served in a toasted gluten free bun with burger sauce and a side of sea-salted and thyme skin on fries.

### SAY CHEESE! 9.55

hand pressed steak burger, gem lettuce, diced onions and pickles, with a choice of American, Emmental, Stilton, Monterey Jack or Manchego cheese

### THE MONSTER MAC 14.95

two hand pressed steak burgers, burger cheese, diced onion and pickles, gem lettuce

### THE CLUCK 'N' CADO 11.25

garlic, lemon and herb chicken breast, smoked streaky bacon, guacamole, gem lettuce, beef tomato

### VEGGIE BOI ⑤ 10.55

quinoa and edamame patty, vegan cheese, pulled BBQ jackfruit

SWAP TO SWEET POTATO FRIES 1.25

FLIP FOR MORE...

## FAVOURITES

### SUPER SALAD ☺ 6.75

*gem lettuce, spinach, cabbage, radish, beetroot, quinoa, chia seeds, tomato, cucumber, red onion, pineapple and lemongrass dressing*  
add garlic, lemon and herb chicken breast OR  
grilled halloumi (V) 3.25

## SIDES

### SEA-SALTED & THYME SKIN ON FRIES ☺ 3.50

### 50/50 FRIES ☺ 3.65

*sea-salted and thyme skin on fries and sweet potato fries*

### SOUR CREAM 'SLAW ☺ 1.95

### SWEET POTATO FRIES ☺ 3.65

### SUPER SIDE SALAD ☺ 3.65

*gem lettuce, spinach, cabbage, radish, beetroot, quinoa, chia seeds, tomato, cucumber, red onion, pineapple and lemongrass dressing*

## SHAKES

### VANILLA ☺ 3.75

### BANANA ☺ 4.65

*fresh banana and vanilla*

### CHOCOLATE ☺ 3.95

## TEA & COFFEE

### DOUBLE ESPRESSO 2.00

### AMERICANO 2.75

### WHITE COFFEE 2.75

### FLAT WHITE 2.75

### LATTE 2.75

### CAPPUCCINO 2.75

### HOT CHOCOLATE 2.75

### ENGLISH BREAKFAST TEA 2.50

### FRUIT & HERBAL TEAS 2.50

*ask our team for our selection*

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(V) Suitable for vegetarians. (VE) Suitable for vegans. Fish and poultry dishes may contain bones. Desserts contain calories. 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.