

NON GLUTEN MENU

SHARING

SERVED WITH BOTTLES OF STICKY BBQ, SPICY BUFFALO AND BUTTERMILK DRESSING

FRIED CHICKEN WINGS 7.95/12.95
½ kilo 1061 kcal, or 1 kilo 2565 kcal

BUNDLES 4.95 EACH OR 4 FOR 18
SERVED WITH BOTTLES OF STICKY BBQ, SPICY BUFFALO AND BUTTERMILK DRESSING

HUMMUS & SWEET POTATO BITES 310 kcal (VE)

HALLOUMI FRIES 937 kcal (V)

POTATO PUFFS 756 kcal (VE)

MAINS

BUY TWO OF ANY DISHES MARKED WITH A * AND GET THE CHEAPEST DISH FOR FREE!

* **CHOPPED SALAD** 178 kcal (VE) 7.25
Gem lettuce, spinach, cucumber, tomato, red pepper, carrot, quinoa with pineapple and lemongrass dressing

* **PENANG CURRY** 668 kcal (VE) 10.95
Coconut based vegetable curry, medium spice, white rice, coriander, mango salsa and poppadom

* **5OZ GAMMON STEAK** 1163 kcal 11.45
Thick cut chips, free range eggs and garden peas

HUNTERS CHICKEN 1570 kcal 8.95
Chicken breast topped with smoked streaky bacon, sticky BBQ sauce, Cheddar cheese, thick cut chips and 'slaw

SIDES

CHOPPED SALAD 99 kcal (VE) 2.95

'SLAW 142 kcal (V) 2.95

THICK CUT CHIPS 767 kcal (VE) 3.25

THICK CUT CHEESY CHIPS 969 kcal (V) 3.75

SANDWICHES

SERVED ON NON GLUTEN BREAD

HALLOUMI WRAP 975 kcal (V) 5.95
Guacamole, sticky BBQ sauce and gem lettuce

SWEET POTATO BITES & HUMMUS 825 kcal (V) 5.95
Pineapple and lemongrass dressing and gem lettuce

SOUPS

SERVED WITH NON GLUTEN BREAD

PEA & MINT 367 kcal (V) 4.25

LEEK & POTATO 223 kcal (V) 4.25

GARDEN VEGETABLE 268 kcal (V) 4.25

TOMATO & BASIL 280 kcal (V) 4.25

SUNDAYS

TRADITIONAL ROASTS

ALL OUR ROASTS ARE SERVED WITH ROAST POTATOES, BROCCOLI, SAVOY CABBAGE & CARROTS AND ROAST GRAVY

ROAST BEEF 1290 kcal 10.95

ROAST PORK 1466 kcal 10.95

ROAST TURKEY 1063 kcal 10.95

PARSNIP & CRANBERRY NUT ROAST 1135 kcal (VE) 10.95

A LITTLE EXTRA

CAULIFLOWER CHEESE 361 kcal (V) 2.95

DESSERTS

THE FRUITY ONE SUNDAE 339 kcal (VE*) 4.95
Strawberry jam, mixed berries and raspberry coulis
*vegan ice cream available

TRIPLE CHOCOLATE BROWNIE 893 kcal (V) 4.95
Chocolate sauce, soft whipped ice cream