

Gluten Free



## LUNCH

Served 11:30 – 16:00 | Sunday 11:30 – 16:00

### SANDWICHES

Served with a garden salad dressed in a ranch sauce.

- Tuna mayo & cucumber** 502 kcal **£8.65**
- Coronation chicken** 548 kcal **£8.65**
- Prawn Marie Rose & avocado** 645 kcal **£9.45**
- Hummus, red pepper & avocado** 527 kcal **£8.75** (v)

### JACKET POTATOES

Served with a garden salad dressed in a ranch sauce.

- Baked beans and cheese** 476 kcal **£8.95** (v)
- Tuna mayonnaise** 452 kcal **£9.25**
- Coronation chicken** 602 kcal **£9.25**
- Prawns with Marie Rose sauce** 575 kcal **£9.95**

### TOASTIES & PANINIS

Served with a garden salad dressed in a ranch sauce.

- Cheese & ham toastie** 481 kcal **£8.25**
- Cheese & tomato toastie** 440 kcal **£7.95** (v)
- Cheese & onion toastie** 440 kcal **£7.95** (v)
- Italian delight panini** 763 kcal **£8.55** (v)  
Fresh mozzarella, sliced tomato and fresh basil.

**Tuna melt panini** 634 kcal **£8.95**  
Tuna, mayonnaise and shredded mozzarella.

**Chicken club panini** 815 kcal **£9.25**  
Roasted chicken, crispy bacon, cheddar cheese, sliced tomato, spinach and mayonnaise.

**Brie & bacon panini** 671 kcal **£9.25**  
Back bacon and brie served with cranberry sauce on the side.

### SALADS

**Goat's cheese & beetroot** 756 kcal **£12.95** (v)  
Rocket, red onion, squash & walnuts, topped with balsamic glaze.

**Chicken, bacon & avocado** 1092 kcal **£13.95**  
Chicken, bacon, avocado, mixed leaves, cherry tomatoes, honey mustard dressing and shaved parmesan.

### EXTRAS

- Side salad** 74 kcal **£4.55** (v)
- Chunky chips** 428 kcal **£4.25** (v)
- Soup of the day** **£8.55** (v)  
Served with gluten free bread

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## FROM THE GRILL

**Gammon, egg & chips** 1064 kcal **£14.95**

**Cheese burger** 1411 kcal **£14.95**

Grass-fed beef burger, lettuce, tomato, onion, relish & mayonnaise served in toasted gluten free bun with a side of chunky chips.

**Halloumi burger** 1315 kcal **£13.95** (v)

Grilled halloumi patty, roasted peppers, lettuce, tomato, red onion & sweet chili jam, served in toasted gluten free bun with a side of chunky chips.

## PIZZA (12")

These are placed on a tray, but prepared in an area where wheat flour is present.

**Margherita** 1235 kcal **£12.95** (v)

Pizza sauce topped with mozzarella.

**Vegetarian** 1160 kcal **£13.95** (v)

Pizza sauce topped with mozzarella and mixed vegetables.

**Ham & mushroom** 1167 kcal **£13.95**

Pizza sauce topped with mozzarella, ham and mushrooms.

**Goat's cheese** 1403 kcal **£14.25** (v)

Pizza sauce topped with mozzarella, caramelised onion, goat's cheese, squash, rocket salad and balsamic glaze.

**Meat feast** 1523 kcal **£14.95**

Pizza sauce topped with mozzarella, chicken, ham, bacon and pepperoni.

**Add extra topping** **£1.85**

pepperoni 174 kcal, chicken 84 kcal, bacon 113 kcal, ham 48 kcal, mushrooms 55 kcal, peppers 42 kcal, cheese 299 kcal

## BREAKFAST

Served 08:00 – 11:30 | Sunday 10:00 – 11:30

**Traditional breakfast** 901 kcal **£10.25**

Fried egg, bacon, sausage, baked beans, 2 hash browns, grilled tomato and gluten free toast.

**Vegetarian breakfast** 880 kcal **£10.25** (v)

Fried egg, meat free sausage, baked beans, grilled tomato, 2 hash browns, half avocado, butternut squash and gluten free toast.

**Bacon** 601 kcal **or sausage** 751 kcal **sandwich** **£5.95**

Add a fried egg 120 kcal **£1.25**

**Eggs your way** **£6.95** (v)

Choose from poached 547 kcal, fried 593 kcal or scrambled 593 kcal eggs, served on freshly toasted gluten free bread.

**Avocado brunch** 757 kcal **£10.95** (v)

Avocado served on gluten free bread with poached egg, cherry tomatoes, rocket, drizzled with balsamic glaze.

**Toast with butter** 344 kcal **£2.95** (v)

Add strawberry jam 67 kcal or marmalade 68 kcal **75p**

