

# No Gluten-Containing Ingredients Menu

Full allergen information is available on request from our team. Our menus do not list all ingredients. While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination

## To Start or Share

### Cheesy Nachos (V)

Smothered with melting mozzarella and Cheddar, jalapeños, salsa, guacamole, sour cream and sweet & sour red onion

Recommended for 2 people. 1306 kcal

**+** *Add grilled chicken* +92 kcal

### Fresh Marinated Olives (VG-M) 183 kcal

### Smoky Soya Nachos Sharer (V)

Smothered with melting mozzarella and Cheddar, jalapeños, salsa, guacamole, sour cream and sweet & sour red onion

Recommended for 2 people. 1481 kcal

### Glazed Chicken Skewers

Tender grilled chicken marinated in a mango, chilli & pineapple dressing, served with roasted peppers and rocket leaves. 220 kcal

## Mains

### Seafood Pie

Tender salmon, smoked haddock and king prawns in a creamy leek sauce, topped with buttery Taw Valley Cheddar cheese mashed potato and served with seasonal veg. 822 kcal

### Sea Bass & Prawns with Almond Pesto Cream

Grilled sea bass and tender prawns in a creamy almond pesto sauce, served with crushed baby potatoes, spinach and rocket leaves. 974 kcal

- *Perfectly paired with any of our fresh & light white wines*

### Rump of Lamb

Served with crushed baby potatoes, creamy Savoy cabbage & bacon, slow-roasted tomatoes and a rich beef gravy. 1113 kcal

### Duck Breast

Served with crushed baby potatoes, roasted peppers, sweet & sour red onion, rocket leaves and a mango, chilli & pineapple dressing. 990 kcal

- *Perfectly paired with any of our aromatic & flavoursome white wines*

### Signature Salad (VG)

Quinoa salad tossed with broccoli, cucumber, peas, slow-roasted tomatoes, spinach, sugar snap peas, red onion and rocket leaves, drizzled with a lemon & olive oil dressing. 295 kcal

- *Perfectly paired with any of our rosé wines*

**+** *Top your salad with grilled chicken breast* +184 kcal,  
*grilled sea bass fillets* +227 kcal or *grilled chicken breast & bacon* +305 kcal

## On the Side

### Crushed Baby Potatoes (VG) 224 kcal

### Glazed Seasonal Veg (V) 80 kcal

### Buttery Mashed Potato (V) 284 kcal

### Dressed Side Salad (VG)

Quinoa salad tossed with broccoli, cucumber, peas, slow-roasted tomatoes, spinach, sugar snap peas, red onion and rocket leaves, drizzled with a lemon & olive oil dressing. 147 kcal

## Something Sweet

### Eton Mess Sundae (V)

Fresh strawberries, vanilla ice cream and crisp broken meringue with tangy raspberry coulis, all topped with cream. 607 kcal

### Vanilla Ice Cream (V) 347 kcal

**(VG)** *Option available* +96 kcal

Adults need around 2000 kcal a day.

(V) Suitable for vegetarians. (VG) Suitable for vegans. (VG-M) Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. (V-M) Made with veggie ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

#### Do you have any allergies?

Full allergen information is available for all dishes. Please ask a team member before you order your food and drink, as menus do not list all ingredients. We have taken all reasonable steps to avoid the unintentional presence of allergens. However, we cannot fully guarantee that products are '100% free from' allergens, owing to cross-contamination, as we do not have specific allergen-free zones in our kitchens; therefore, it is not possible to fully guarantee allergen separation. Even if you have eaten a dish previously, please inform staff of any food allergies before placing your order, so that every precaution may be taken in the kitchen to prevent cross-contamination. We cannot guarantee that any dishes are free from nut traces. Fish and poultry dishes may contain bones and/or shell. All weights are approximate uncooked. Ingredients are based on standard product formulations, variations may occur, and calories stated (excluding drinks options) are subject to change.

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