

# GLUTEN FREE MENU

## Starters

- Soup** £3.95  
Choose from vegetable or tomato Soup, served with a gluten free bread roll
- Hummus and Olives** £5.95  
Served with freshly baked gluten free pitta bread
- Taster Selection Board** £5.95  
A selection of plump black and green olives marinated in herb, garlic & red pepper infused olive oil served with salad leaves, Argentinean chimichurri topped tahini hummus and world inspired flatbread.
- Malaysian Chicken Satay** £5.95  
Skewered chicken fillet marinated in a traditional blend of Malay herbs and spices, Chargrilled to perfection & served with a refreshing coriander, red onion & red cabbage salad.
- Rib Sharer Board for 2 People** £9.95  
Full rack of ribs dry rubbed in our secret blend of spices and applewood smoked in our in-house smoker then BBQ grilled with your choice of Memphis BBQ or pokey BBQ sauce.
- Garlic Mushrooms** £4.95  
Mushrooms cooked in a creamy garlic and French mustard sauce, served with bread & butter.
- Mozzarella, Tomato & Onion Salad** £3.95  
Fresh Mozzarella, tomato and onion salad dressed with basil, olive oil, garlic & balsamic vinegar glaze.

## Mains

- BBQ Ribs** HALF RACK £9.95 -OR- FULL RACK £13.95  
Pork ribs dry rubbed in our secret blend of spices & applewood smoked in our in-house smoker, then BBQ with your choice Memphis BBQ or pokey BBQ sauce.

## Sides

**TRIPLE COOKED CHIPS v GF £1.95**

Made fresh in-house, full of flavour & fluffy texture with a crisp & light outside.

**ENGLISH SAUTE**

**SELECTION v £1.95**

Baby leaf spinach & shreds of kale that have been delicately sautéed & black pepper then.

**AMERICAN PULLED PORK £1.95**

Smoked in-house for 18 hours then pulled apart & soaked in a secret sauce for extra tastiness.

**ITALIAN BBQ GRILLED**

**VEGETABLES v £2.95**

Herb marinated BBQ roasted red peppers, sun dried tomato, courgette, red onion & butternut squash dressed in a luxurious chilli, garlic herb & truffle oil.

**STEAMED BROCCOLI v £1.95**

Florets of perfectly steamed broccoli

**HOMEMADE CREAMY**

**COLESLAW v £1.50**

## Sauces

**ARGENTINIAN**

**CHIMICHURRI v £1.95**

A sauce made from herbs, garlic & lemongrass...the rest is a secret!

**AMERICAN SWEET BBQ v £1.95**

This complex sauce is a rich, thick, sweet, spicy, smoked sauce & goes perfectly with everything!

**RED PEPPER SAUCE v GF £1.95**

Roasted red pepper sauce with tomato, garlic and onion.

## PRE-ORDER MENU

Items shown below are for pre-order only

## Starters

- VEGETABLE KEBABS** £4.95  
A selection of skewered vegetables, grilled and served on a bed of mixed salad.

## Mains

- ARRABBIATA PASTA** £9.95  
Pasta quills with spicy tomato and basil sauce with garlic, fresh chillies and black olives.
- Vegetable Burrito Bowl** £8.95  
Mixed vegetables and spicy Mexican rice burrito baked in the oven with tomato and roasted red pepper sauce
- MUSHROOM RISOTTO** £8.95  
Risotto rice mixed with onions, garlic and mushrooms.
- Three Bean Chilli** £8.95  
A meatless classic with packed with beans and vegetables in a spicy tomato based sauce. Served in a gluten free bun with lettuce leaf and tomato.
- Spicy Bean Burger** £8.95  
A blend of kidney beans, coriander, tomato, jalapeno, chilli, paprika and cayenne pepper, served in a gluten free bun with a choice of toppers (please refer to main menu for options).
- Neapolitan Pasta** £8.95

Gluten free pasta with mixed vegetables in a Neapolitan sauce