



GLUTEN FREE MENU

BAR SNACKS & STARTERS

CARAMELISED ONION HUMMUS (ve) 6.50

Chickpeas, confit garlic, toasted bread

CHICKEN LIVER PÂTÉ 7.00

Red onion marmalade, toasted bread

HALLOUMI FRIES (v) 7.00

Pomegranate molasses, garlic yoghurt, mint, chilli flakes

THE SHIP PRAWN COCKTAIL 7.75

Marie Rose sauce, gluten free bread, butter

PERI PERI CHICKEN WINGS 7.50

Lime, mint

LUNCH SANDWICHES

Served Mon to Sat, 12-5pm

PRAWN & MARIE ROSE SANDWICH 8.00

Smashed avocado, baby gem lettuce

CHICKEN & BACON CLUB 7.00

Fried egg, avocado, tomato, chilli jam

SIDES

CHIPS / FRIES (ve) 4.25

FILTHY FRIES WITH AÏOLI & BACON 5.00

SALT 'N' PEPPER FRIES (ve) 5.00

POSH CHIPS, PARMESAN & TRUFFLE OIL (v) 5.00

HOUSE MIXED SALAD (ve) 5.00

HONEY ROASTED CARROTS (v) 5.00

SALT 'N' PEPPER BROCCOLI (v) 5.00

BUTTERY MASH (v) 4.50

SUNDAY ROAST

BRITISH ROAST BEEF 14.00

ROAST CHICKEN 14.25

Served with home-made gravy, sage & onion stuffing, glazed carrots, roast potatoes, spring greens, carrot & swede crush, parsnip purée

MAINS

MAPLE GLAZED BACON CHOP 15.50

Fried egg, chips

CHICKEN PANANG CURRY 14.00

Marinated chicken, spicy peanut, sweet potato, coriander & lemon rice, Thai basil, gluten free bread

RED THAI CURRY (ve) 14.00

Sweet potato, broccoli, peas, spinach, roasted cashew nuts, coconut rice, gluten free bread

VEGAN BUDDHA BOWL (ve) 11.50

Apricot & almond tabouleh, hummus, sour cherries, avocado, cucumber & sesame salad, grilled greens, sweetcorn & chickpea fritters, gluten free bread

Add: Fried halloumi (v) +3.00 |
Grilled chicken breast +3.00

BURGERS & SANDWICHES

FRENCH DIP STEAK SANDWICH 14.50

Steak in garlic & herb butter, caramelised onions, Swiss cheese, mustard mayo, watercress, fries, gravy

PERI PERI HALLOUMI BURGER (v) 14.00

Roasted mushroom, pickles, tomato, shredded lettuce, slaw, fries

Add: Streaky bacon +2.00 | Fried halloumi (v) +3.00
Avocado (ve) +2.00

Upgrade: Filthy fries +1.50 | Posh chips (v) +1.50
Salt 'n' pepper fries (ve) +1.50

DESSERTS

CHOCOLATE BROWNIE 6.50

Vanilla ice cream

ICE-CREAM & SORBET

2 Scoop 3.50 | 3 Scoop 5.25

ICE CREAM

Vanilla | Chocolate | Strawberry | Raspberry Ripple
Clotted-Cream | Toffee-Fudge

SORBET

Lemon | Raspberry | Mango