



GLUTEN FREE MENU

LUNCH UNTIL 3PM

DINNER 5PM-9PM

★ ALLERGENIC ADVICE ★

This menu has been specifically made for our customers who request a gluten free diet. Every care is taken to avoid any cross contamination from allergens during preparation. We do however work in a kitchen that processes allergenic ingredients and do not have a specific allergen free zone or dedicated fryers and we are not a nut free establishment. When you have decided please order your food and drinks at the bar and inform the member of staff you are ordering from the gluten free menu.

Starters / Light Bites

Mediterranean Olives(v) With gluten free roll and balsamic & olive oil. **£4.50**

Cantina Mushrooms(v) A creamy mushroom dish cooked with garlic and onions. Served with a gluten free roll. **£6.95**

Salads

Classic Salad (v) mixed leaves with cucumber, red onion, peppers, cherry vine tomatoes and finished with house dressing. **£7.95**

Superfood Salad (v) mixed leaves with broccoli, garden peas, cucumber, cherry vine tomatoes, asparagus, fresh mint, toasted seeds and finished with house dressing. **£8.95**

Add Grilled Chicken or Grilled Salmon £4.95

Stone Baked Pizza

All of our pizza's are available on a gluten free bases. (£1.50 supplement)

Margherita (v) classic pizza made with mozzarella, tomato and fresh basil. **£9.95**

Capricciosa tomato, mozzarella, mushrooms, ham and olives. **£11.75**

Chicken and Pesto tomato, mozzarella, pesto, grilled chicken and green peppers. **£12.25**

Giardiniera (v) goat's cheese, tomato, asparagus, mushrooms and red peppers. **£11.50**

The Coast tomato, mozzarella, and mixed seafood. Finished with lobster oil. **£14.50**

Americano tomato, mozzarella, pepperoni, red peppers and jalapeno peppers. **£11.95**

Garlic Mushroom tomato, mozzarella, mushrooms with garlic and peppers. **£11.95**

Pepperoni tomato, mozzarella and pepperoni. **£10.75**

SWIPE FOR MORE 

Bar Electric Gourmet Burgers

All our burgers are 6oz, hand pressed using locally sourced beef and served in a gluten free bun with a mixed salad.

The Classic Cheese with mature cheddar and our house sauce **£9.75**

The Mexican with spicy mexicana cheddar and jalapenos **£11.75**

The Smokehouse with pulled pork, cheddar and hickory bbq sauce **£15.95**

The Blue topped with stilton blue cheese **£11.95**

The Funky Chicken breaded fried chicken breast with mayo **£11.95**

The BBQ Pulled Pork 'no burger' just slow smoked BBQ pulled pork **£9.75**

The Smokey Jack smoked bacon, mature cheddar and house sauce **£11.50**

The Chilli Cheese topped with spicy chilli beef and mature cheddar **£12.95**

The Plain & Simple just the burger with lettuce & tomato **£9.25**

Add Bacon £1.50 **Add Mature Cheddar** £0.95 **Add Grilled Corn** £1.50

Pub Favorites

Char Grilled 8oz Rump Steak with herb & mustard butter and served with roast cherry vine tomatoes, pan fried spinach, mushrooms and gourmet chips. **£17.95**

Piri Piri Chicken Half roasted chicken marinated in piri piri sauce and served with grilled corn, salad and fries. **£11.95**

Pan Fried Salmon with roasted vegetables, pan fried spinach and gourmet chips. **£14.95**

Homemade Curry Of The Day Please see our specials board for todays curry.



KIDS MENU

ALL KIDS MEALS ARE £4.95

Choose a main:

- ★ 4oz Plain Burger
- ★ Fish Fingers
- ★ Margarita Pizza (v)

Choose a side:

- ★ Baked Beans
- ★ Broccoli
- ★ Garden Peas

- ★ Mixed Crudite
- ★ Grilled Corn on the Cob