



GLUTEN FREE MENU

NIBBLES

- Baked Nachos** (v) (628 kcal) £6.25
Topped with cheese, guacamole, sour cream, salsa and jalapeños
- Mighty Pea Bites** (ve) (564 kcal) £6.25
Garlic mayonnaise
- Sweetcorn Ribs** (ve) (565 kcal) £6.25
Garlic mayonnaise

LOADED FRIES or TATER TOTS

Choose your topping:

- **Garlic Butter & Cheese** (v) £6.25
(967 kcal / 949 kcal)
- **Salt & Pepper** (v) (618 kcal / 495 kcal) £6.25

MAINS

- Mixed Grill** (1842 kcal) £19.75
5oz Rump steak, 6oz bacon steak, chicken breast, fried egg, thick-cut chips, tomato and garden peas
- 8oz Rump Steak** (1285 kcal) £16.75
Cooked to your liking, served with thick-cut chips, garden peas and grilled tomato
- Wexford Chicken Breast** (1056 kcal) £10.95
Topped with mushrooms, Stilton cheese & pepper sauce, thick-cut chips and garden peas
- Chargrilled 6oz Bacon Steak** (1022 kcal) £10.95
Thick-cut chips, fried egg, grilled pineapple and garden peas
- Red Thai Vegetable Curry** (ve) (607 kcal) £10.95
Served with white rice and oriental crackers

JACKET POTATOES

Our baked jackets are all served with dressed salad

- Cheese** (v) (521 kcal) £8.25
- Cheese & Baked Beans** (v) (613 kcal) £9.25
- Tuna Mayonnaise & Cheese** (825 kcal) £10.25

SALADS

Our house salads consist of mixed leaves, cherry tomatoes and red onion

- Grilled Chicken Breast** (442 kcal) £13.25
- 8oz Rump Steak** (1046 kcal) £16.25
- Mighty Pea Bites** (ve) (697 kcal) £12.95

- Grilled Chicken Caesar Salad** (1206 kcal) £13.25
Baby gem, hard cheese and Caesar dressing

Roast Sandwich of the Day

£12.50

Served on gluten free bread with thick-cut chips and a jug of gravy

Choose from either beef (1468 kcal) or turkey (1393 kcal)

DESSERTS

- Raspberry & Gin Cheesecake** (ve) (532 kcal) £7.75
Raspberry sorbet
- Strawberry Meringue Nest** (v) (548 kcal) £6.95
Filled with strawberry ice cream, thick cream and coulis

Full allergen information is available on request. Please ask our team for details when ordering for both food and drink. Despite our best efforts, we are unable to guarantee that our dishes are free from allergens. All weights noted are approximate and prior to cooking. Adults need around 2,000 kcal per day. (v) Vegetarian (ve) Vegan