

Light Lunch Menu Gluten Free

2 courses £17, 3 courses £20

Starters

Grilled Whitebait, tartar Sauce, Dressed Salad (Fish, Mustard, Eggs, Sulphites) £5.95

Gluten Free Bread, Olives, Feta, Extra Virgin Olive Oil, House Balsamic reduction (Sulphites/Milk) £5.75

Pan Fried Courgette, Sriracha Aioli (vegan) (mustard) £5.75

Soup of the day, Gluten Free Bread, Salted Butter (milk) £5.50

Roasted Red Pepper Hummus, Crispy Chickpeas, Gluten Free Bread (sulphites) (sulphites) £5.50

Mains

Fish Finger Butty; Grilled Haddock, Goujons, Rocket, Tartare Sauce, Gluten Free Bread, Twice Cooked Chips £14 (fish, mustard, sulphites, milk)

Pan Roasted Chicken Sandwich; Herb Roasted Chicken, Confit Tomato, Mozzarella and Basil, Balsamic Glaze, Gluten Free Bread £14 (sulphites, milk, mustard)

Mussels of The Day, Gluten Free Bread, Garlic and Parmesan Fries (Ask Server for Allergies)

Asian Salad, Salt and Pepper Tofu, Julienne Pickled Vegetables, Mixed Leaf, Spring Onions, Chillies, Roasted Peanuts, Asian Dressing (VEGAN) (not Vegan, switch Tofu for King Prawns) £14 (peanuts, soya, sesame, sulphites)

Chicken Caesar Salad, Cos Lettuce, Pancetta, Parmesan, Anchovies £14 (fish, eggs, milk, mustard sulphites)

Grilled Haddock Goujons, Tartar Sauce, Dressed Salad, Crispy Capers, Lemon, Hand Cut Chips £14 (mustard, sulphites, fish, mustard)

Grilled Chicken Goujons, Fennel & Apple Slaw, Truffle & Garlic Aioli, Baby Salad, Crispy Potatoes £14 (mustard, sulphites, eggs)

Mini Dessert

Duo of Mrs Dowson's Ice Cream (milk) or sorbet £4

Summer Berry Pavlova, Berry Compote, Fruit of The Sorbet, Chantily Cream (eggs, sulphites, milk) £4