



**AVOIDING
GLUTEN?**

Menu suitable for people avoiding **GLUTEN**

STARTERS

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| Mix Vegetable Pakoda | £6.50 | Braised Pig Cheeks | £8.50 |
| Served With Salad, Tamarind Sauce And Sweet Chilli Glaze | | Gluten Free Haggis, Creamy Savoy Cabbage And Pancetta Tartlet, Whiskey Cream Sauce | |
| Grilled Goat Cheese (V) | £7.50 | Wood Pigeon | £8.50 |
| Roasted Red Peppers And Black Olive Tapenade On Toasted Gluten Free Toast And Salad | | Gluten Free Black Pudding, Caramelised Onion And Beef Jus | |
| Chicken Liver Parfait | £7.50 | | |
| Toasted Gluten Free Bread, Damson And Raisin Chutney And Salad | | | |

MAIN COURSES

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| Indian Veg Thali | £19.50 | Bistro Rump Steak | £19.50 |
| Cauliflower, Mix Peppers And Chickpea Curry, Aubergine Fry, Dal Tadka, Steamed Basmati Rice, Onion Bhaji, Gluten Free Nan Bread, Pickle, Papad | | 8 Oz Local Bistro Rump Steak , Hand Cut Chips, Tomato, Mushroom And Salad | |
| Indian Non Veg Thali | £19.50 | Peppercorn Sauce -£2.50/- OR Blue Cheese Sauce-£2.50 | |
| Butter Chicken, Kerala Lamb Fry, Dal Tadka, Steamed Basmati Rice, Onion Bhaji, Gluten Free Nan Bread, Pickle, Papad | | Fillet Of Beef Rossini | £27.50 |
| Fish & Chips | £14.00 | 8 Oz Fillet Steak Cooked Medium Rare Served With Chicken Liver Parfait, Asparagus, Greens, Squash Puree, Mash Potato And Jus | |
| Pan Fried Haddock Fillet ,Chips Served With Mushy Peas, Tarter Sauce | | PASTA DISHES | |
| Slow Braised Local Beef | £16.00 | All Pasta Dishes Served With Gluten Free Pasta, Grated Parmesan, Gluten Free Garlic Bread Slices | |
| Mash Potato, Vegetables And Gravy | | Asparagus And Wild Mushroom Pasta (V) | £16.00 |
| Lentil Rissole(V) | £13.50 | Chicken And Bacon Carbonara | £16.00 |
| Spicy Tomato Sauce, Wilted Spinach, Crushed New Potatoes | | Steak And Mushroom Pasta | £17.00 |
| Grilled Hake | £17.50 | Seafood Pasta In A Creamy Sauce | £17.00 |
| Grilled Hake, Grilled King Prawns, Tenderstem Broccoli, New Potatoes, Herb And Cavier Sauce | | PIZZAS | |
| OUR SIGNATURE DISH | | 9" Gluten Free Pizza With Home Made San Marzano Tomato Sauce And Fresh Mozzarella | |
| Kerala Spiced Lamb | £26.95 | Margarita (V) | £12.00 |
| Roast Rack Of Lamb Marinated In Black Pepper, Cardamom And Fennel Served Pink With Spicy Lamb Shoulder Mince Tartlet, Squash Puree, Fennel And Coconut Braised Cabbage, Crispy Jaggery And Tamarind Potatoes | | Goat Cheese & Caramelized Onion Pizza (V) | £13.00 |
| | | Pepperoni Pizza | £13.00 |
| | | Steak Strips And Gorgonzola Cheese Pizza | £14.00 |
| | | Cumbrian Pizza | £14.00 |
| | | (Gluten Free Sausage, Bacon, Egg, Gluten Free Black Pudding, Crispy Potatoes) | |

SIDE ORDERS

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|---------------------|--------------|---------------------------------|--------------|---------------------------------|--------------|
| Chips | £3.00 | Gluten Free Garlic Bread | £4.50 | Gluten Free Garlic Bread | £5.00 |
| Cheesy Chips | £4.50 | | | With Cheese | |

GLUTEN FREE DESSERTS

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| Gluten Free Warm Double Chocolate Brownie | £7.50 | Cheese Platter | £10.50 |
| Served With Berry Compote And Chocolate Ice Cream | | 5 English Cheeses With Celery, Grapes ,Gluten Free Biscuit, Chutney, Quince Kidder Ton Ash, Tovey, Kendal Creamy, Westmorland Smoked Cheddar, Black Sticks Blue | |
| Gluten Free Sticky Toffee Pudding | £7.50 | English Lakes Ice Creams - Double Jersey, Chocolate OR Strawberry 3 Scoops | £4.95 |
| Butterscotch, Date Puree, Honeycomb, Double Jersey Ice Cream | | | |
| Mango Pannacotta | £6.50 | Sorbets - Raspberry, Passion Fruit Or Lemon 3 Scoops | £4.95 |
| Tender Coconut Parfait, Passion Fruit Coulis | | | |

FOOD INTOLERANCES, ALLERGIES AND DIETARY REQUIREMENTS:

Before Ordering Your Food And Drink, Please Speak To A Member Of Our Team For Information About Ingredients. While We Do Our Best To Accommodate All Food Intolerances And Allergies We Are Unable To Guarantee Our Dishes Are Completely Allergen Free