

# Gluten Free Menu

## Starters, Nibbles & things to share

<b>Olives</b> (vv) (239 kcal) <i>Mixed olives, garlic cloves and red peppers, marinated in oil</i>	£3.95
<b>Home-made Pork Crackling</b> (626 kcal) <i>Served with apple sauce</i>	£2.55
<b>Baked Camembert for Two</b> (v) (1176 kcal) <i>Studded with garlic &amp; rosemary and a drizzle of truffle oil, with apple wedges and gluten free bread</i>	£11.95
<b>Pan Seared Scallops</b> (416 kcal) <i>Parsnip purée, parsnip crisps, crispy rocket and pomegranate seeds</i>	£10.95
<b>Gin Cured Salmon</b> (440 kcal) <i>Horseradish cream, crispy capers and pickled cucumber</i>	£8.95
<b>Chicken Liver Pâté</b> (876 kcal) <i>Toasted gluten free bread</i>	£7.15
<b>Soup of the Day</b> (v) (437 kcal) <i>Gluten free warm bread &amp; butter</i>	£5.25
<b>Garlic Chestnut Mushrooms</b> (v) (566 kcal) <i>On gluten free bread, with crispy rocket, hard cheese and truffle oil</i>	£6.95
<b>Pork Belly</b> (499 kcal) <i>Honey, spring onion and stem ginger glaze</i>	£5.50
<b>Warm Chorizo Sausage</b> (494 kcal) <i>Honey, rocket and sweet baby bell peppers</i>	£5.50
<b>Nachos</b> (v) (445 kcal) <i>Cheese, guacamole, sour cream, salsa and jalapeño</i>	£5.50

## Sides

<b>Skinny Fries</b> (vv) (519 kcal)	£3.00
<b>Thick-Cut Chips</b> (vv) (453 kcal)	£3.00
<b>Sweet Potato Fries</b> (vv) (420 kcal)	£4.00
<b>Mixed Side Salad</b> (vv) (71 kcal)	£3.00
<b>Tenderstem Broccoli</b> (vv) (129 kcal) <i>Crispy caper &amp; lemon oil</i>	£4.00
<b>Carrots &amp; Green Beans</b> (v) (240 kcal)	£3.00
<b>Buttered New Potatoes</b> (v) (432 kcal)	£3.00

## Mains

<b>Pan Fried Supreme of Chicken</b> (1521 kcal) <i>Crushed new potatoes, creamed leeks, asparagus wrapped in pancetta, red wine &amp; cream sauce</i>	£15.35
<b>Chargrilled Tuna Steak &amp; King Prawns</b> (601 kcal) <i>Roasted courgettes, new potatoes, chorizo &amp; red pepper salsa</i>	£21.95
<b>Sea Bass Fillets</b> (867 kcal) <i>Crab and mango salad, black bean &amp; chilli dressing with roast sweet potato</i>	£19.95
<b>Lamb Rump</b> (939 kcal) <i>Pea purée, broad beans, whipped goat's cheese, crushed potatoes and red wine jus</i>	£22.50
<b>Salmon en Papillote</b> (778 kcal) <i>Fennel, spring onion, carrot, lemon &amp; white wine, served with buttered potatoes</i>	£19.95
<b>Crispy Pork Belly</b> (836 kcal) <i>Sautéed potatoes, caramelised onions, chestnut mushrooms, roasted squash, stem broccoli and red wine jus</i>	£17.95
<b>Plant-Based Cumberland Sausages</b> (vv) (1051 kcal) <i>Roasted sweet potato, onion gravy, garden peas and broad beans</i>	£13.50
<b>Asparagus, Broad Bean &amp; Roasted Garlic Risotto</b> (v) (847 kcal) <i>Baby bell peppers, grated hard cheese with micro herbs</i>	£14.50

## Steaks

*Our steaks are served with thick-cut chips, grilled tomato, flat mushroom and stem broccoli*

<b>10oz Ribeye Steak</b> (1140 kcal) <i>Choose a sauce: Cracked black pepper (233 kcal), Chestnut, mushroom &amp; garlic cream (519 kcal) or Dijon &amp; tarragon butter (378 kcal)</i>	£23.95
<b>8oz Rump</b> (1027 kcal) <i>Choose a sauce: Cracked black pepper (233 kcal), chestnut, mushroom &amp; garlic cream (519 kcal) or Dijon &amp; tarragon butter (378 kcal)</i>	£19.95
<b>10oz Honey Glazed Bacon Steak</b> (1479 kcal) <i>Served with a fried egg and grilled pineapple</i>	£14.80
<b>Add: A portion of King prawns to any steak dish</b> (+34 kcal)	£3.95

We pride ourselves on providing fresh seasonal food, some of our dishes may change as ingredients are subject to seasonality. All our fish is responsibly sourced.

## Salads

*Our salads are served with mixed salad leaves, cherry plum tomatoes, cucumber ribbons with fresh mint, baby bell peppers and lemon infused cold pressed rapeseed oil (unless otherwise stated)*

<b>Poached Salmon</b> (506 kcal)	£17.95
<b>Grilled Halloumi</b> (v) (785 kcal)	£13.50
<b>Sea Bass and King Prawns</b> (473 kcal)	£18.95
<b>Roasted Squash &amp; Sweet Potato</b> (vv) (662 kcal)	£13.25
<b>Classic Chicken &amp; Bacon Caesar</b> (813 kcal)	£13.65
<b>Hydes Ploughman's Platter</b> (1344 kcal) <i>Mrs Kirkhams cheese, Blacksticks Blue, chicken liver pâté, honey glazed ham, apple, pickled onions and boiled egg</i>	£13.75

## Sandwiches

*Available until 6pm.*

*All our sandwiches are served with dressed salad and sweet chilli slaw, served on white or brown gluten free sliced bread*

<b>Poached Salmon</b> (682 kcal) <i>With crème fraiche</i>	£8.95
<b>12 Hour Roast Beef</b> (789 kcal) <i>Served with pickled onions and horseradish sauce</i>	£8.25
<b>Honey Glazed Ham</b> (781 kcal)	£6.95
<b>Grilled Brie</b> (v) (800 kcal) <b>Add: Bacon</b> (+163 kcal)	£7.25 £1.50

## Sunday Roast Platter for Two *only* £36.95 (4614 kcal)

AVAILABLE ALL DAY SUNDAY

*12 hour roast beef, crispy belly pork, half roast chicken, turkey, new potatoes, roast potatoes, parsnips, carrot & swede, red cabbage, mixed greens and a bottomless jug of real gravy*

## Sunday Roasts

*Available all day Sunday only*

*All our Sunday roasts are served with traditional vegetables, roast potatoes and real gravy*

<b>Duo of Meats</b> (1873 kcal) <i>Ask for today's choice</i>	£16.25	<b>Roast Turkey</b> (1571 kcal)	£13.75
<b>12 Hour Roast Beef</b> (1628 kcal) <i>Served with creamed horseradish sauce</i>	£14.50	<b>Sunday Roast Platter for Two</b> (4614 kcal)	£36.95
<b>Half Roast Chicken</b> (1819 kcal)	£13.95	<i>12 hour roast beef, crispy belly pork, half roast chicken, turkey, new potatoes, roast potatoes, parsnips, carrot &amp; swede, red cabbage, mixed greens and a bottomless jug of real gravy</i>	
<b>Crispy Belly Pork</b> (1728 kcal)	£13.75		

*Full allergen information is available on request. Please ask our team for details when ordering both food and drink. All weights noted are approximate and prior to cooking. (sp) small portion (v) vegetarian (vv) vegan  
Gluten free options are available on request. Adults need around 2000 kcal a day.*