



GLUTEN FREE MENU



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Commercial Street, Bitterne, Southampton, Hampshire, SO18 6LY



GLUTEN FREE MENU

STARTERS AND SHARERS

Homemade soup of the day served with toasted bread - v £5.50

Classic nachos served with sour cream, salsa, guacamole, jalapeños and cheese - v £9.50
Add beef or mixed bean chilli for £2.00

Baked Camembert baked in the box with rosemary and garlic served with red onion marmalade and toasted bread - v £11.50

SANDWICHES

Please ask for today's bread selection and then choose from the fillings below

Brie, bacon and cranberry - £7.25

Mature Cheddar and pickle - v £5.50

Fish goujons with lettuce and tartare sauce - £7.25

Tuna mayonnaise and red onion - £5.25

MAINS

6oz Beef burger on a toasted bun with crispy onions, lettuce, dill pickle, classic burger sauce, summer slaw and chips - £9.95

Add beef chilli, cheese or bacon for £1.00 each

Fish of the day coated in a Wadworth 6X Gold beer batter with chips, peas, lemon and tartare sauce - £9.95 / £7.95

Home-cooked honey glazed ham with free-range eggs, chips and slow roasted tomatoes - £10.50 / £7.50

Warm salad of chickpeas, flame roasted pepper, red onion and green beans dressed with lime and chilli dressing and rocket - v £8.50

Add chicken or halloumi for £3.00

Slow cooked chilli con carne served with rice, nachos, sour cream and cheese - £10.50

JACKET POTATOES

All our jacket potatoes are served with dressed leaves

Chilli con carne and cheese - £6.75

Mature Cheddar and baked beans - v £5.75

Tuna mayonnaise and red onion - £6.25

PUDDINGS

All puddings at 5.50

Baked vanilla cheesecake served with berry compote - v

Choose 3 scoops from our selection of dairy ice-cream and sorbet, ask us for more details - v

Sticky toffee pudding served with vanilla ice-cream - v

SIDES

Beer battered onion rings - v £3.25

House salad - v £3.00

Chips - v £3.00

Chips with cheese - v £4.00

HOT DRINKS

Americano - £2.75

Cappuccino - £3.00

Latte - £3.00

Espresso - £2.50

Double espresso - £3.00

Flat white - £3.00

Hot chocolate - £3.25

Pot of tea - £2.75

Speciality tea - £2.90

Mocha - £3.25

(v) = vegetarian option. (vg) = vegan option. All weights are approximate before cooking. All food is prepared in our kitchen where nuts, gluten and other allergens are present. Processes and training are in place to ensure that gluten-free meals on our gluten free menu are gluten-free. Our menu descriptions do not include all ingredients.

IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING.

Full allergen information is available upon request. Fish dishes may contain small bones. We aim to support local farmers and growers from the Assured Food Standards Association. 0617/1.

