

light LUNCH

GLUTEN AVOIDING LUNCH MENU

While we strive to ensure that all ingredients used for this menu are gluten-free, the dishes are made in an environment which contains gluten, so we can't guarantee the complete absence of gluten.

4OZ BURGER

9.5

Gluten-free bun, our own burger sauce, gem lettuce, pickled red onion, and fries. (481 kcal)

+Smoked streaky bacon 1.5 (169 kcal)

+Monterey Jack cheese v 1.5 (74 kcal)

+Vegan cheese vg 1.5 (61 kcal)

+Chorizo & sweet chilli jam 1.5 (63 kcal)

SMALL FISH & CHIPS

10.0

Coated in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce, and lemon. (1365 kcal)

SMALL BANANA BLOSSOM

'FISH' & CHIPS vg

9.0

Instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas, vegan tartare sauce, and lemon. (945 kcal)

STEAK FRITES

11.0

5oz minute steak cooked pink or well-done, with garlic & chive butter, sweet drop pepper & rocket salad, and fries. (675 kcal)

salads

BEETROOT FALAFEL & ALMOND SALAD vg

10.0

Warm beetroot falafels, cooked beetroot, mixed leaves, baby gem lettuce, cherry tomatoes, cucumber, red onion, fine beans, quinoa, French dressing, and toasted almonds. (363 kcal)

BLUE CHEESE

WALDORF SALAD v

10.0

Crumbled blue cheese, toasted walnuts, apple, grapes, celery, and gem lettuce. (293 kcal)

Our allergen information is available on request. Please let your server know if you have any allergies or intolerances. We take steps to minimise the risk of cross-contamination when preparing your food, however, we do not have specific allergen-free zones in our kitchens. It is therefore not possible for us to guarantee separation of all allergens.

v - vegetarian · vg - vegan

Adults need around 2000 kcal a day