

Low-gluten* menu

Breakfast available until end of lunch service

Full English two bacon rashers, one gluten-free pork sausage, two free-range fried eggs, baked beans, mushrooms, tomatoes, hash browns. Gluten-free toast + butter **12.00**

Veggie full English two fried eggs, avocado, mushrooms, baked beans, tomatoes, hash browns. Gluten-free toast + butter (v) **12.00**

Breakfast sandwich on gluten-free toast choose from:
bacon • gluten-free pork sausage • mushrooms • fried egg
One item **7.50** / Two items **8.50** / Three items **9.00**

Avocado on toasted gluten-free bread with tomato salsa (v) **8.50**

Shakshuka two free-range eggs baked with spiced tomato sauce, fresh herbs and crumbled feta. With gluten-free bread (v) **9.25**

Sandwiches on toasted gluten-free bread (*lunchtimes only*)

Gluten-free Hampshire pork sausage with onion relish **8.50**

Hampshire-cured ham and melted brie **8.50**

Chicken breast and bacon tomato and red pepper relish **8.95**

Tuna melt tuna mayo with melted cheddar cheese **8.25**

Ploughman's Triple Hampshire ham, cheddar, blue cheese, salad, grapes, Ploughman's pickle, crisps, gluten-free toast, butter **11.50**

*Cross-contamination risks cannot be eliminated in our kitchen. Allergies or dislikes? Let us know before ordering, ingredients not listed in full. 10% service added to all tables, all tips to staff. Bills split max 4 ways

Low-gluten* menu

Starters & Light Bites

Sweet potato, carrot & ginger soup gluten-free toast, butter (v) **6.50**

Tiger prawns with garlic, chilli & parsley gluten-free toast **9.25**

Chicken liver parfait sticky fig relish, salad, gluten-free toast **8.25**

Apple, spinach and romaine salad dried cranberries, pecan nuts and home-made blue cheese dressing (v) **8.25**

Main courses *check the blackboard for any specials*

Big Bowl salad mixed leaves, cucumber, cherry tomatoes, diced red pepper, avocado, beetroot, puy lentils (v) **9.95**

Add a dressing: ranch, vinaigrette, honey mustard, blue cheese

Add a topping: grilled halloumi **+4.50** roasted chicken breast **+4.50**

Cajun-spiced tiger prawns **+6.00** tuna mayo **+4.00**

Cauliflower, chickpea and spinach curry sultana rice, mango chutney (v) **14.50**

Cajun-spiced chicken, red pepper and chorizo skewers steamed new potatoes, tomato and red pepper salsa, side salad **15.50**

Roasted duck confit redcurrant and red wine jus, creamy mashed potato, green vegetable medley **17.95**

British beef steak *choose from:* 10oz rump **21.00** 8oz sirloin **26.00** herb butter, new potatoes, green vegetable medley, roasted cherry tomatoes

Desserts

Bere Dairy locally made ice-creams (two scoops) (v) **5.95**

Gluten-free apple & berry crumble cream, ice-cream or custard (v) **7.95**

Dark chocolate and orange delice vanilla ice-cream (v) **7.50**

*Cross-contamination risks cannot be eliminated in our kitchen. Allergies or dislikes? Let us know before ordering, ingredients not listed in full. 10% service added to all tables, all tips to staff. Bills split max 4 ways