

## **Low-gluten\* menu**

**Low-gluten 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 **13.50**

**Veggie full English** two fried eggs, avocado, mushrooms, baked beans, tomatoes, hash browns. Gluten-free toast + butter (v) **12.50**

**Breakfast sandwich on gluten-free toast** *choose from:*

bacon • gluten-free pork sausage • mushrooms • fried egg

One item **8.50** / Two items **9.50** / Three items **10.50**

**Avocado on toasted gluten-free bread** with tomato salsa (v) **9.00**

**Shakshuka** two free-range eggs baked with spiced tomato sauce, fresh herbs and crumbled feta. With gluten-free bread (v) **10.95**

**Low-gluten sandwiches** toasted gluten-free bread (*lunch only*)

**Tuna melt** tuna and chive mayo with melted cheddar cheese **8.50**

**Melted brie and bacon** caramelised onion relish **9.25**

**Hampshire-cured ham and Emmental cheese**

Dijon mustard mayo, crisp lettuce, plum tomato **9.75**

**Chicken mayo and avocado** watercress and cucumber **8.95**

**Ploughman's Triple** Hampshire ham, cheddar, blue cheese, salad, grapes, Ploughman's pickle, crisps, gluten-free toast, butter **14.95**

\*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 starters**

**Spicy tomato, pepper and lentil soup** gluten-free toast, butter (v) **7.95**

**Indian-spiced tiger prawns** with gluten-free toast **9.50**

**Old Vine mackerel pate** with gluten-free toast **7.95**

**Fresh pear, Hampshire watercress, Cornish blue cheese and walnut salad** with a balsamic and olive oil dressing (v) **8.50**

**Creamy garlic mushrooms** with gluten-free toast (v) **8.25**

**Low-gluten mains** *check the blackboard for any specials*

**Big Bowl salad** gem lettuce, tomato, peppers, chickpeas, avocado, grated cheese, vinaigrette / Caesar / honey mustard dressing (v) **11.50**

**Add a topping:** grilled halloumi **+5.00** roasted chicken breast **+5.50**

**Duck leg confit** creamy dauphinoise potato, steamed green beans, braised red cabbage, red wine sauce **19.50**

**Thinly sliced Hampshire-cured ham** two free-range fried eggs, steamed new potatoes, salad **16.50**

**Chicken and chorizo skewers marinated in Cajun spices** red pepper and tomato salsa, steamed new potatoes, side salad **17.95**

**Prime steaks** *choose from:* 10oz British beef rump **25.00**

8oz British beef sirloin **28.50** 10oz Hampshire lamb rump **25.00**

with new potatoes, flat mushroom, choice of green veg medley or salad

**Add a sauce:** bearnaise, red wine or garlic mushroom **+4.00**

## **Low-gluten desserts**

**Locally made ice-creams and sorbets** (two scoops) (v) **6.50**

**Plate of three cheeses** oatcakes, walnuts, apricots, fig relish (v) **12.50**

**Home-made chocolate orange brownie** vanilla ice-cream (v) **8.50**

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