

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 **14.25**

Veggie full English two fried eggs, avocado, mushrooms, baked beans, tomatoes, hash browns. Gluten-free toast + butter (v) **13.25**

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

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

One item **8.75** / Two items **9.75** / Three items **10.75**

Smashed avocado on gluten-free toast roasted peppers, grilled halloumi, smoky brunch seasoning (v) **12.50**

Shakshuka two free-range eggs with spiced tomato sauce, fresh herbs and crumbled feta. With gluten-free bread (v) **11.25**

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

Mushroom + mozzarella melt with caramelised onion (v) **9.95**

Club sandwich bacon, avocado, chicken breast, lettuce, tomato, Dijon mayo **12.95**

Grilled halloumi and roasted pepper grated carrot, red pepper mayo, watercress, jalapenos (v) **9.50**

Tuna mayo Nicoise crunch red pepper, tomato, olive and red onion salsa; hard-boiled egg, salted crisps **9.50**

Ploughman's Triple Hampshire ham, Somerset cheddar, Cornish blue cheese, salad, crisps, gluten-free toast, butter **15.50**

*Cross-contamination risks cannot be eliminated in our kitchen. Allergies or dislikes? Let us know before ordering, full ingredients not listed. 12.5% service added to all tables, all tips to staff. Bills split max 4 ways

Low-gluten starters

Spiced tomato, pepper + lentil soup gluten-free toast, butter (v) **8.50**

Garlic and herb mushrooms on toasted gluten-free bread (v) **10.25**

Salad of whipped feta, beetroot, watercress, romaine and puy lentils
honey mustard dressing, gluten-free croutons (v) **9.50**

Pan-fried tiger prawns with garlic and chilli gluten-free toast **10.50**

Hot-smoked salmon and avocado stack cucumber ribbon salad, dill
and creme fraiche dressing **10.95**

Buttermilk chicken bites honey sriracha sauce **9.25**

Low-gluten mains *check the blackboard for any specials: many fish
dishes and vegetarian tarts are gluten-free, ask your server*

Hampshire-cured ham two free-range fried eggs, fries, salad **17.25**

Big Bowl salad lettuce, avocado, peppers, beetroot, chickpeas, carrot,
tomato salsa, vinaigrette / Caesar / honey mustard dressing (v) **14.00**

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

Hampshire lamb, onion + red pepper kebabs cumin + garlic marinade,
hasselback potatoes, Greek salad with chickpeas and feta **21.00**

Minute steak free-range fried egg, skin-on fries, salad **19.50**

8oz rib eye steak fries, mushrooms, green vegetables or salad **26.00**

Extras: pepper sauce or herb butter +2.50

Low-gluten desserts

Locally made ice-creams and sorbets (two scoops) (v) **6.75**

Old Vine honey and vanilla panna cotta with fresh berries **8.00**

Cheese plate Somerset cheddar, Cornish blue cheese, oatcakes,
walnuts, apricots, fig relish (v) **12.50**

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