Low-gluten starters

Spiced sweet potato and lentil soup gluten-free toast, butter (v) **7.95**

Smoked salmon, prawn + avocado stack dill mustard dressing **11.50**

Tiger prawns with garlic + herb butter gluten-free toast **10.25**

Apple + spinach salad crispy bacon, blue cheese dressing, walnuts **8.95**

Burrata + basil pesto pistachio crumb, rocket, roasted peppers (v) **9.50**

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 **18.00**

Big Bowl salad lettuce, avocado, peppers, beetroot, chickpeas, carrot, tomato salsa, vinaigrette / Caesar / honey mustard dressing (v) **14.50**
Extras: halloumi **+4.50** chicken breast **+4.50** garlic tiger prawns **+6.00**

Creamy butternut squash and spinach risotto
grated pecorino cheese, toasted pumpkin seeds (v) **17.00**

Cider-braised pork belly apple compote, creamy mashed potatoes, Savoy cabbage **21.00**

Moroccan-spiced chicken, red pepper and red onion skewers
apricot, almond and coriander rice, spiced tomato and olive sauce **18.50**

8oz rump steak fries, mushrooms, green vegetables or salad **24.00**

8oz rib eye steak fries, mushrooms, green vegetables or salad **28.00**

***Extras**: pepper sauce or herb butter* **+2.50**

Low-gluten desserts

Locally made ice-creams and sorbets (two scoops) (v) **7.50**

Home-made chocolate and nut brownie vanilla ice-cream (v) **9.50**

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

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

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 **15.50**

Veggie full English two fried eggs, avocado, mushrooms, baked beans, tomatoes, hash browns. Gluten-free toast + butter (v) **14.50**

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) **11.95**

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

Hampshire-cured ham and melted French Camembert romaine lettuce, plum tomato **12.50**

Club sandwich egg mayonnaise, Hampshire-cured ham, chicken breast, lettuce, tomato **14.00**

Coronation chicken curried mayo, sultanas, flaked almonds **10.95**

Tuna mayo Nicoise crunch with tomato, olive and red pepper salsa, romaine lettuce, hard-boiled egg **9.50**

Ploughman's Triple Hampshire ham, Somerset cheddar, Cornish blue cheese, salad, crisps, gluten-free toast, butter **17.00**

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