

GLUTEN FREE MENU

Starters

Homemade Soup of the Day £5.50
crusty bread roll (ask server)

Prawn & Crayfish Cocktail £7.95
toasted bread, marie rose sauce

Grilled Sesame & Honey Goats Cheese £7.25 **V**
sweet chilli and ginger mayo,
pickled beetroot salad

Salt & Chilli Chicken Wings £8.25
sliced onion and peppers, garlic and chilli

Harissa Spiced Hummus £7.25 **V VE**
sunblushed tomatoes, vegetable crisps

Mains

Braised Ribeye Steak £16.50
pink peppercorn cream, creamed and
roast potatoes, seasonal vegetables

**Grilled Fillet of Salmon with
a Coconut Crumb** £15.95
chilli and lime buttered pak choi, basmati rice

Garlic & Wild Thyme Chicken Supreme £15.50
savoy cabbage, sauteed potatoes, crisp pancetta
crumb, pan jus

Monkfish and King Prawn Skewers £16.95
garlic and ginger sauce, basmati rice

Crispy Shredded Beef £17.50
onions, peppers, sweet and sticky sauce,
aromatic rice

From The Grill

all served with grilled tomato, mushrooms, fries

Chargrilled 8oz Fillet Steak £29.95

Chargrilled 8oz Sirloin Steak £26.95

**Chargrilled Butterfly
Breast of Chicken** £14.95

Add Sauce £2.50

*Red Wine Jus, Peppercorn Garlic Butter,
Garlic & Chive Cream*

**Watermelon, Honeydew Melon
& Passionfruit Coupe** £7.25 **V VE**
orange and toasted coconut syrup, mango sorbet

Cajun Chicken Nachos £8.25
mozzarella cheese, guacamole, sour cream

**Crispy Tempura
Chicken** £7.95 **Vegetable** £7.50 **V VE**
sweet chilli sauce

**Main Course Crispy Tempura with Fries
Chicken** £14.95 **Vegetable** £13.50 **V**

Slow Cooked Diced Beef £14.50
market vegetables, creamed potatoes

Medallions of Beef Fillet £29.95
red wine jus, red onion marmalade,
creamed and roast potatoes, seasonal vegetables

Baked Seabass Fillets £16.95
parmesan, truffle and garlic broccoli stems,
sauteed potatoes, pesto cream

Moroccan Lamb Tagine £15.50
apricots, mixed spice, chick peas, basmati rice

Chargrilled Breast of Chicken £15.50
peppercorn sauce, roast and creamed potatoes,
seasonal vegetables

Desserts

Luxury Chocolate Fudge Cake £6.95
caramel drizzle, white chocolate shards,
vanilla ice cream

Strawberry Panna Cotta £6.95
roasted granola, raspberry ripple ice cream, candy floss

Lemon & Lime Curd Pavlova £6.95
soft whipped cream, toasted coconut ice cream

Carlton Cheese Board £8.75
dolcelatte blue, Morangie Brie & Scottish Cheddar,
oatcakes, grapes, red onion chutney

Trio of Ice Cream £6.95
vanilla, chocolate, raspberry ripple, tablet, coconut
choice of sauces: toffee, chocolate, raspberry

Should you have concerns about a food allergy or intolerance, please speak to our staff before you order your food or drink.
Please ask a member of our team for our full vegan, dairy free & non gluten containing ingredients menus