

NON-GLUTEN MENU

ON THE BAR

MARINATED MIXED OLIVES ☺ **3.25**
large green Boscaiola and Kalamata olives,
Maldon™ sea salt

SMALL PLATES

HALLOUMI FRIES ☺ **5.25**
sweet chilli sauce, chilli flakes, chia
seeds

CRISPY DUCK WINGS **5.95**
sweet sticky BBQ sauce, red pepper, spring
onion, sesame seeds

BEETROOT HUMMUS ☺ **5.25**
diced beetroot, non-gluten seeded bread

NACHO DIRTY FRIES ☺ **5.95**
nacho cheese, tomato salsa, sour cream,
guacamole, jalapeños

WINGS 6 for £6 or 12 for £10

BBQ CHICKEN WINGS
topped with sesame seeds, green peppers,
garlic mayo

CURRIED CAULIFLOWER WINGS ☺
madras batter, topped with mango relish,
chilli flakes, spring onion

KATSU CHICKEN WINGS
topped with pickled gherkins, spring onion,
chives

BURGERS all served in a toasted gluten free bun with burger sauce and a side of sea-salted and thyme skin on fries.

SAY CHEESE! **9.55**
hand pressed steak burger, gem lettuce, diced
onions and pickles, with a choice of American,
Emmental, Stilton, Monterey Jack or Manchego
cheese

THE EL DORADO **11.55**
hand pressed steak burger, Manchego cheese,
chorizo, Tracklements™ habanero salsa,
beef tomato

THE AFTER BURNER **9.95**
hand pressed steak burger, burger cheese,
pickled jalapeños, Sriracha sauce

THE CLUCK 'N' CADO **11.25**
garlic, lemon and herb chicken breast, smoked
streaky bacon, guacamole, gem lettuce, beef
tomato

THE MONSTER MAC **14.95**
two hand pressed steak burgers, burger cheese,
diced onion and pickles, gem lettuce

THE CALIFORNIAN **11.25**
hand pressed steak burger, Monterey Jack cheese,
smoked streaky bacon, guacamole, jalapeños

THE SQUEAKY JIM **10.95**
hand pressed steak burger, grilled halloumi,
Tracklements™ onion marmalade

VEGGIE BOI ☺ **10.55**
quinoa and edamame patty, vegan cheese,
pulled BBQ jackfruit

SWAP TO SWEET POTATO FRIES 1.25

FLIP FOR MORE

FAVOURITES

SUPER SALAD

6.75

gem lettuce, spinach, cabbage, radish, beetroot, quinoa, chia seeds, tomato, cucumber, red onion, pineapple and lemongrass dressing

add garlic, lemon and herb chicken breast OR grilled halloumi (V)

3.25

SIDES

SEA-SALTED & THYME SKIN ON FRIES

3.50

50/50 FRIES

3.65

sea-salted and thyme skin on fries and sweet potato fries

SOUR CREAM 'SLAW

1.95

SWEET POTATO FRIES

3.65

SUPER SIDE SALAD

3.65

gem lettuce, spinach, cabbage, radish, beetroot, quinoa, chia seeds, tomato, cucumber, red onion, pineapple and lemongrass dressing

SHAKES

VANILLA

3.75

BANANA

4.65

fresh banana and vanilla

CHOCOLATE

3.95

TEA & COFFEE

DOUBLE ESPRESSO

2.00

AMERICANO

2.75

WHITE COFFEE

2.75

FLAT WHITE

2.75

LATTE

2.75

CAPPUCCINO

2.75

HOT CHOCOLATE

2.75

ENGLISH BREAKFAST TEA

2.50

FRUIT & HERBAL TEAS

2.50

ask our team for our selection

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(V) Suitable for vegetarians. (VE) Suitable for vegans. Fish and poultry dishes may contain bones. Desserts contain calories. All weights are approximate prior to cooking. All items are subject to availability. Allergen Information. If you have any allergies or dietary requirements, please speak to our team for more information. Our kitchens contain many ingredients and so we cannot guarantee the total absence of nuts, gluten or other allergens. A full list of allergens in each dish is available for your peace of mind. All prices include V.A.T. SERVICE IS NOT INCLUDED.