

Please note your table number & order at the bar



SS19

SS19 SPECIALITY MENUS

FREE FROM GLUTEN VEGAN SLIMMING

Whilst every effort is made to avoid cross contamination, this is a busy working kitchen.

Please speak with your server to discuss full extent of your allergens or preferences.

14 allergen food guide available on request.

FREE FROM GLUTEN

GLUTEN FREE TOAST

TOAST	w. butter and strawberry jam <u>or</u> orange marmalade.	2.5
TOPPED	Add homemade beans (V); back bacon; egg how you like (V); field mushroom (V); smoked salmon; or smashed avocado (V).	+2 each

BRUNCH

BANANA BREAD	Gluten free granola. Strawberries. Espresso butter.	4.5
SMOOTHIE BOWL	Summer berry smoothie. Strawberries. Banana. House seeds. Gluten free granola.	6.5
AVO TOAST (V)	Smashed avocado on gluten free bread w. poached egg & house seeds. Add 2 streaky bacon for	6 +2
BREAKFAST IN BREAD	~ Back bacon.	5
	~ Gluten free sausage.	5
	~ Fully loaded - Bacon. GF sausage. Mushroom. Fried egg.	6.5
FULL 'HOUSE'	Bacon. GF Sausage. Homemade beans. Field mushroom. Roasted tomatoes. Hash brown. Egg how you like. Gluten free toast.	8
BIG FULL 'HOUSE'	Bacon chop. 2 GF Sausages. Homemade beans. Field mushroom. Roasted tomatoes. 2 Hash brown. Black pudding. 2 eggs cooked how you like. Gluten free toast.	10.5
VEGGIE BREAKFAST (V)	Replace the meat w. fried potatoes, spinach & smashed avocado.	8
ONE PAN WONDER	Bacon. Onion. Mushroom & potatoes fried in a pan. Topped with 2 eggs & melted double Gloucester cheese w. gluten free toast. Want it vegetarian (V) Just ask!	7
HOUSE EGGS	Two poached eggs. Toasted gluten free bread. Wilted spinach. Hollandaise sauce. Top with smoked salmon, streaky bacon <u>or</u> pan fried field mushrooms (V*).	7

SANDWICH

	all on gluten free bread. served with summer slaw	
CUBAN	Peppered pastrami. Emmental cheese. Dill pickle. American mustard.	6.5
ROASTED VEGETABLE	Courgette & roasted red peppers w. oregano. Vegan cheese. Sun dried tomato hummus.	
CHICKEN CLUB	Grilled chicken. Streaky bacon. Lettuce. Tewkesbury mustard mayonnaise.	
	add fries <u>or</u> side salad +2.5 add sweet potato fries +3.5	

SMALL PLATES

CANDY BEETROOT CARPACCIO(V)	Candied walnuts. Rocket. Apple. Olive oil.	CHEESE COVERED NACHOS(V)	Herby tomatoes. Guacamole & sour cream. Top with beef chilli +£2
LAMB KOFTA SKEWERS	Summer slaw. Pomegranate. Cucumber.	GLUTEN FREE WARM BREADS & BLACK OLIVES(V)	Olive oil & Balsamic syrup 6 each. 2 for 10. 3 for 14
BEEF CHILLI	Black bean, tomato, corn & spring onion. Sour cream		
HALLOUMI FRIES(V)	Herby tomatoes. Rocket. Aioli.		
PEPPERED PASTRAMI SLICES	Pickled red onion. Dill pickles. Radish.		
TRIO OF TIGER PRAWNS	Garlic & chilli butter. Grilled Lemon.		
SUN-DRIED TOMATO HUMMUS(V)	Gluten free toasts. House seeds. Radish. Olive oil.		

SIDES

FRIES	2.5 SWEET POTATO FRIES	3.5 DIRTY FRIES	Cheese. Bacon bits. BBQ sauce. 5
REALLY DIRTY FRIES	Cheese. Bacon bits. Beef chilli. BBQ sauce. 7	POUTINE	Fries. melted cheese. gravy. 6
HOUSE SALAD	4		

free from gluten menu continues overleaf...

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GLUTEN FREE GRILL

Burgers in gluten free bap. Summer Slaw. Fries (upgrade to sweet pot fries for £1).

CHEESE BURGER	Beef patty. burger cheese. Lettuce. Pickle. Tomato. Burger sauce. Why not add two slices of streaky bacon?	9 +2
NEW YORKER BURGER	Beef patty. Peppered Pastrami. Emmental. Pickled red onion. American Mustard	12
MEXICAN CHICKEN BURGER	Nacho crumbed chicken burger. Smashed Avocado. Tomato. Lettuce.	10
VEGAN BURGER	House falafel burger. Vegan Cheese. Vegan mayonnaise. Tomato. Lettuce. Candy beetroot.	9.5
80Z BACON CHOP	Grilled chop of bacon. Triple cooked chips. Poached egg. Tewkesbury mustard sauce.	11
80Z RUMP STEAK	Triple cooked chips. Roasted tomatoes. Field mushroom. Add a peppercorn, mustard <u>or</u> blue cheese sauce Add 2 king prawns	17 +2 +4

GLUTEN FREE SUMMER PLATES

TUNA NICOISE	Pan seared sesame & soy marinated tuna steak on a black olive, tomato & pickled red onion salad. Poached egg. Mustard & honey dressing.	13
PAN FRIED HAKE FILLET	Sautéed potatoes. Herby tomatoes. Lemon butter. Rocket. Crispy capers.	12
VEGAN WALDORF	Candied walnuts. Cucumber & celery sticks. Apple. Lettuce. Candy beetroot. Vegan mayonnaise dressing.	9
BUTTER BEAN MOROCCAN TAGINE	Olives & Apricots. Spring onion rice.	9
MEXICAN CHICKEN SALAD	Slices of nacho crumbed chicken fillet on a bed of spiced black bean, tomato, corn & spring onion salad. Olive oil.	10

GLUTEN FREE DESSERT

FROZEN POSSET	Frozen mango & coconut posset. Candied ginger.	5
VEGAN GANACHE	Salted chocolate ganache. Honeycomb. Coconut sorbet.	6

VEGAN

BRUNCH

TOAST	Sour dough toast w. strawberry jam & sunflower spread w. homemade beans, grilled mushroom <u>or</u> smashed avocado	2.5 +2
TOP YOUR TOAST		
VEGAN BREAKFAST	Grilled tomatoes. Fried potatoes. Mushrooms. Smashed avocado. Homemade beans. Sour dough toast. Sunflower spread	7.5
AVO TOAST	Smashed avocado on sour dough toast. House seeds.	6
SMOOTHIE BOWL	Summer berry smoothie. Strawberries. Banana. House seeds. Gluten free granola.	6.5
SANDWICH	Courgette & roasted red peppers w. oregano. Vegan cheese. Sun dried tomato hummus on vegan brioche roll.	6.5

VEGAN MAIN EVENTS

VEGAN WALDORF	Candied walnuts. Cucumber & celery sticks. Apple. Lettuce. Candy beetroot. Vegan mayonnaise dressing.	9
BUTTER BEAN MOROCCAN TAGINE	Olives & apricots. Pomegranate tabbouleh.	9
VEGAN BURGER	House falafel burger. Vegan Cheese. Vegan mayonnaise. Tomato. Lettuce. Candy beetroot. Vegan brioche	9.5

Vegan menu continues overleaf...

SMALL PLATES (6 each. 2 for 10. 3 for 14)

CANDY BEETROOT CARPACCIO	Walnuts. Rocket. Apple. Olive oil.
POMEGRANATE TABBOULEH	Roasted peppers & courgettes. Vegan mayo.
SUN-DRIED TOMATO HUMMUS	Brioche toast. Seeds. Radish.
VEGAN CHEESE COVERED NACHOS	Herby tomatoes & guacamole
WARM VEGAN BREADS & BLACK OLIVES	olive oil & balsamic vinegar

DESSERT

VEGAN GANACHE	Salted chocolate ganache. Honeycomb. Coconut sorbet.	6
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*eating well
without the guilt*

SLIMMING

BRUNCH

SMOOTHIE BOWL	Summer berry smoothie. Homemade gluten free granola. Shaved coconut. Chia seeds. Strawberries.	6
AVO TOAST	Smashed avocado on sour dough toast w. poached egg & house seeds	6.5
HOUSE EGGS	Two poached eggs. Toasted sour dough. Wilted spinach. Top with smoked salmon <u>or</u> pan fried field mushrooms	7

SANDWICHES

ROASTED VEGETABLE	Courgette & roasted red peppers w. fresh oregano. Sun dried tomato hummus on brown bread. Summer slaw.	6.5
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HEALTHY SMALL PLATES (6 each. 2 for 10. 3 for 14)

CANDY BEETROOT CARPACCIO ^(V)	Candied walnuts. Rocket. Apple. Olive oil.	PEPPERED PASTRAMI SLICES	Pickled red onion. Dill pickles. Radish.
LAMB KOFTA SKEWERS	Summer slaw. Pomegranate. Cucumber.	SESAME & SOY MARINATED SEARED TUNA	Spring onion. Sesame seeds. Sesame oil.
BEEF CHILLI	Black bean, tomato, corn & spring onion. Sour cream	SUN-DRIED TOMATO HUMMUS ^(V)	Gluten free toasts. House seeds. Radish. Olive oil.
		WARM BREADS & BLACK OLIVES ^(V)	Olive oil & Balsamic syrup

BURGERS

ALL OF OUR BURGERS ARE GREAT SERVED 'NAKED' WITH A BIG SALAD INSTEAD OF FRIES. ALL MEAT BURGERS ARE HOUSE MADE WITH GREAT QUALITY MINCED MEAT.

SUMMER PLATES

TUNA NICOISE	Pan seared sesame & soy marinated tuna steak on a black olive, tomato & pickled red onion salad. Poached egg. Mustard & honey dressing.	13
VEGAN WALDORF ^(V)	Candied walnuts. Cucumber & celery sticks. Apple. Lettuce. Candy beetroot. Vegan mayonnaise dressing.	9
BUTTER BEAN MOROCCAN TAGINE ^(V)	Olives & apricots. Pomegranate tabbouleh.	9
MEXICAN CHICKEN SALAD	Slices of nacho crumbed chicken fillet on a bed of spiced black bean, tomato, corn & spring onion salad. Olive oil.	10

PLEASE MAKE YOUR SERVER AWARE WHICH SPECIALITY MENU YOU ARE CHOOSING FROM

ELITE GYM MEMBERS GET 20% DISCOUNT OFF OUR SLIMMING MENU ITEMS ON PRODUCTION OF THEIR CARD