

Gluten free Menu

To Start

Cauliflower soup, Welsh rarebit	£7
Sautéed mackerel fillet, pickled rhubarb, fennel and radish slaw	£9
Mussels - Thai green curry or marinières 400g	£12
Black Mountain smoked salmon, capers, shallot	£12
Scallops (3), grilled in the shell, chilli and garlic butter	£13
Hand-picked cornish crab, lemon mayo, gluten-free toasts, salad leaves	£14

Seafood

Mussels; Thai green curry, or marinières 700g with chips:	£18
Char-grilled cod steak, parsley mash, cockle, leek and bacon butter sauce	£20
Scallops (5), grilled in the shell, chilli and garlic butter	£21
Fillet of gilt-head bream, broccoli, potatoes, spiced crab dressing	£21
Char-grilled halibut on the bone, agretti, béarnaise sauce	£24

Meat

Grilled gammon, seared pineapple, fried egg, chips	£15
Grilled breast of chicken, cannellini bean and chorizo stew with harissa, yoghurt	£20
Braised ox cheek, colcannon mash	£20
Roast haunch of venison, sweet potato fondant, sprouts, chestnuts	£22
Dry-aged Welsh beef ribeye on the bone 450g, chips, onion rings, béarnaise sauce	£31
Dry-aged Welsh prime-cut beef fillet 225g, 'au poivre'; chips	£32

Side Orders

Chips	£4
Mixed leaf salad	£4
New potatoes, minted butter	£4
Rocket salad with Parmesan	£4
Honey-roast parsnips and carrots	£4
Millionaire fries	£5

To Share

Seafood Platter - mussels, king prawns, seared tuna, seared scallops, smoked mackerel rilette, smoked salmon, fried calamari and prawns, padron peppers, crab mayo and GF toasts, Asian prawn, chilli and ginger salad, curry mayo, lemon mayo, Thai dip	
Main dish for two, or a starter for three to five	£60

Salads

Beetroot, blood orange and cranberry salad	£9
Winter salad of apple, celery, chicory, walnuts, Blue cheese dressing	£10
Add deep-fried tofu, grilled chicken breast, king prawns or seared tuna	+£4

Sandwiches

**All available in gluten-free bread at lunch time only

Home-cooked ham, tomato and grain mustard	£6
Mature Cheddar cheese, chilli relish or red onion jam	£6
Hand-picked Cornish crab, lemon mayo; with salad	£14

Vegetarian

Quinoa, squash, kale, sour cherry, toasted sunflower seeds	£10
Butternut squash and aubergine Panang curry, coconut rice, shredded carrot sambal	£15
Risotto of fennel, lemon and sage; side salad	£15

Pudding

Pineapple carpaccio with chilli, passionfruit sorbet	£7
Warm orange and chocolate chip sponge, vanilla ice cream	£7
Rhubarb and custard, rhubarb sorbet	£7
Ice cream: dark chocolate, vanilla, banoffi, mint choc chip	
Sorbet: passionfruit, rhubarb, apple and blackberry	
one scoop:	£2.50
three scoops:	£6
Cheeses: Fourme d'Ambert, Reblochon, Ossai-Iraty; grapes and GF biscuits	£10