

A LA CARTE
GLUTEN FREE





## **SMALL BITES**

## **OLIVES** vg 4

Harlequin olives in herbs 86KCAL

#### SPICED NUTS vg 4.5

A mixture of cashews, almonds, giant corn and chickpeas with sweet smoked paprika 392KCAL

# **STARTERS**

### **CHICKEN LIVER PÂTÉ** 8.5

Served with red onion jam & toasted gluten free bread 457KCAL

## **ROASTED SQUASH & CARROT SOUP** vg 7

Truffle & parsley oil, toasted gluten free bread 291KCAL

#### **CRAB ON TOAST** 9.5

Crab, avocado, cucumber, capers, shallots & mayonnaise on toasted gluten free bread

#### **CHARCUTERIE BOARD** 9.5

Coppa ham, truffle saucisson, Bayonne ham, pickles & toasted gluten free bread SOSKCAL

## **WARM BEETROOT SALAD** vg 8.5

Black garlic dressing, endive, toasted pistachios & gluten free toast 428KCAL

## **SALADS**

### MARKET vg 12

Avocado, roasted butternut squash, baby gem lettuce, hazelnuts, pomegranate seeds & French beans 737KCAL

Add grilled chicken breast 5 192KCAI

### **TUNA NIÇOISE** 17

Grilled Yellow Fin Tuna, French beans, anchovies, cherry tomatoes, baby gem, new potatoes, olive tapenade, soft boiled egg & mustard vinaigrette 689KCAL

# **MAINS**

### **GRILLED HALF CHICKEN** 16

Served with watercress, skinny fries & a sauce of your choice totakcal.

### **BEEF BOURGUIGNON 18**

6 hour slow-cooked beef, mushrooms, bacon lardons served with potato purée SETRICAL

#### **MUSSELS & CHIPS 15**

Shetland mussels in a white wine cream sauce with skinny fries 788KCAL

### **GRILLED SEABREAM** 16

Served with a red pepper beurre blanc & sautéed new potatoes 700KCAL

### **ROAST PORK BELLY** 17.5

Grilled Tenderstem broccoli, apple and thyme jus served with potato purée STIKCAL

### **CHICKEN CLUB SANDWICH 12**

Grilled chicken breast, avocado, streaky bacon, tomato & dijon mustard on toasted gluten free bread served with green salad 780KCAL or skinny fries 957KCAL

### **TABBOULEH** vg 11

Roasted butternut squash & courgette, cauliflower harissa couscous, chickpeas, spinach & rocket topped with coconut yoghurt STIKCAL Add grilled chicken 5 193KCAL

## **BRITTANY FISH STEW** 17

A traditional coastal stew from Brittany.

Mussels, prawns, squid & sea bream in a tomato, white wine & chilli sauce served with toasted gluten free bread SSSKCAL

## **CONFIT DUCK LEG** 18

Braised red cabbage, gratin potatoes served with a bitter orange sauce SOBKICAL

## **FISH PIE** 15.5

Haddock, prawns, salmon in a white wine & leek sauce topped with potato puree. Served with sauteed garlic vegetables 773KCAL

## **STEAKS**

### **MINUTE STEAK 16**

Served with garlic butter, skinny fries & rocket 592KCAL

### SIRLOIN 8oz 20

Served with skinny fries & watercress 791KCAL

#### RIBEYE 8oz 22

Served with skinny fries & watercress 1102KCAL

#### FILLET 7oz 28

Served with skinny fries & watercress 726KCAL

Upgrade your chips to triple cooked truffle chips for 1 133KCAL

#### **SAUCES**

PEPPERCORN SAUCE 3 TAKCAL
BEARNAISE SAUCE V 3 245KCAL
WILD MUSHROOM V 3 TEXCAL
GARLIC BUTTER V 2 106KCAL
BLACK GARLIC V 3 106KCAL

## **SIDES**

SKINNY FRIES vg 4 204KCAL

TRIPLE COOKED TRUFFLE CHIPS vg 5 337KCAL

## **GRATIN POTATOES** v 4.5

With Comté cheese & thyme 226KCAL

TOMATO & PESTO SALAD  $\,v$  4.5 168KCAL

GREEN SALAD vg 4.5 59KCAL

## SAUTÉED GARLIC VEGETABLES vg 4.5

French beans, Chantenay carrots, Tenderstem broccoli 157KCAL

**SAUTÉED BABY POTATOES** *vg* 4.75 With spring onion & tarragon 250KCAL

MINTED PEAS v 4.5
With lettuce and onions 143KCA

# **DESSERTS**

### CRÈME CARAMEL v 7

Traditional set vanilla pod custard with dark caramel & cream 304KCAL

### **COUPE NOIR** *v* 6

Vanilla ice cream with warm chocolate sauce 407KCAL

## CHEESE BOARD 7.5 for one

Selection of French cheeses, red onion jam, toasted gluten free bread 656KCAL

## ICE CREAM & SORBET v (vg option) 5.5

Choose from chocolate, vanilla or strawberry ice cream, vegan vanilla ice cream, lemon sorbet or raspberry sorbet

229KCAL (vg 118KCAL



