

A LA CARTE
GLUTEN FREE

## SMALL BITES

OLIVES vg 4
Harlequin olives in herbs sвкcal

## SPICED NUTS vg 4.5

A mixture of cashews, almonds, giant corn and chickpeas with sweet smoked paprika ${ }_{322 \mathrm{Kcal}}$

## STARTERS

## CHICKEN LIVER PÂTÉ 8.5

Served with red onion jam \& toasted gluten free bread ${ }_{45 K \mathrm{KCaL}}$

## ROASTED SQUASH \& CARROT SOUP vg 7

Truffle \& parsley oil, toasted gluten free bread 29 Mcal

## CRAB ON TOAST 9.5

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

## CHARCUTERIE BOARD 9.5

Coppa ham, truffle saucisson, Bayonne ham, pickles \& toasted gluten free bread ${ }_{\text {soscal }}$

WARM BEETROOT SALAD vg 8.5
Black garlic dressing, endive, toasted pistachios \& gluten free toast ${ }_{\text {a2kKal }}$

## SALADS

MARKETvg 12
Avocado, roasted butternut squash, baby gem lettuce, hazelnuts, pomegranate seeds \& French beans ㄱзKсаи
Add grilled chicken breast $5_{192 \mathrm{CaL}}$

## TUNA NIÇOISE 17

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

## MAINS

GRILLED HALF CHICKEN 16
Served with watercress, skinny fries \& a sauce of your choice ${ }_{\text {toISKAL }}$

## BEEF BOURGUIGNON 18

6 hour slow-cooked beef, mushrooms, bacon lardons served with potato purée ${ }_{\text {s }}{ }^{\text {\% }}$ cal

## 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 fookcal

## ROAST PORK BELLY 17.5

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

## CHICKEN CLUB SANDWICH 12

Grilled chicken breast, avocado, streaky bacon, tomato \& dijon mustard on toasted gluten free bread served with


## TABBOULEH vg 11

Roasted butternut squash \& courgette, cauliflower harissa couscous,
chickpeas, spinach \& rocket topped with coconut yoghurt sincal
Add grilled chicken 5 192кай

## 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 sз3kcal $^{\text {and }}$

## CONFIT DUCK LEG 18

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

## FISH PIE 15.5

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

## STEAKS

## MINUTE STEAK 16

Served with garlic butter, skinny fries \& rocket s92ccal $^{\text {a }}$

## SIRLOIN 8oz 20

Served with skinny fries \& watercress 7 7кKCAL

## RIBEYE $80 z 22$

Served with skinny fries \& watercress похсай

FILLET 7oz 28
Served with skinny fries \& watercress 7zekcal

Upgrade your chips to triple cooked truffle chips for 1 вззсаи.

SAUCES
PEPPERCORN SAUCE 3 naкса BEARNAISE SAUCE v 3 2 2 skccal WILD MUSHROOM v 3 rıKCal GARLIC BUTTER $v 2$ 1oskcal BLACK GARLIC $v 3_{\text {ооксад }}$

## SIDES

SKINNY FRIES vg $4_{\text {20a4Cal }}$

GRATIN POTATOES v 4.5
With Comté cheese \& thyme 2206 CaL
TOMATO \& PESTO SALAD v 4.5 вяксац
GREEN SALAD $\mathrm{vg} 4.5_{\text {sэкcal }}$
SAUTÉED GARLIC VEGETABLES vg 4.5
French beans, Chantenay carrots,
Tenderstem broccoli 15 Kccal
SAUTÉED BABY POTATOES vg 4.75
With spring onion \& tarragon ${ }_{250 \mathrm{KcAL}}$

MINTED PEAS v 4.5
With lettuce and onions ${ }_{\text {пззксаl }}$

## DESSERTS

CRÈME CARAMEL v 7
Traditional set vanilla pod custard with dark caramel \& cream зонксаи

## COUPE NOIR v 6

Vanilla ice cream with warm chocolate


## CHEESE BOARD 7.5 for one

Selection of French cheeses, red onion jam, toasted gluten free bread ${ }_{\text {ss6ccal }}$

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

