

# GLUTEN FREE MENU

Each of these dishes from the main menu can be made Gluten Free with substitutions

## NIBBLES

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CHEF'S SOUP OF THE DAY	5	MIXED OLIVES	3	BACON & ROSEMARY, CREAM CHEESE STUFFED MUSHROOMS	6
DUO OF MELON & KING PRAWN SALAD	6	PAN SEARED SCALLOPS	7	PAPRIKA CHEESE & BACON LOADED POTATO SKINS	4.50
BALSAMIC GOATS CHEESE & CHERRY TOMATO	3	ASPARAGUS WRAPPED IN PARMA HAM	5		

## LIGHT BITES

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Sandwiches in Gluten Free Bread	5
HAM SALAD	
TUNA MAYO	
CHEESE SALAD	
EGG MAYO	

## MAINS

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8OZ SIRLOIN STEAK	18	BEER BATTERED COD	11
CHARGRILLED CHICKEN BREAST	14	VEGETABLE LASAGNE	10
GRILLED GAMMON STEAK	14	MACARONI CHEESE	8
PAN SEARED COD FILLET	15	HALF PARMO	7
PAN FRIED HALLOUMI	13	FULL PARMO	10

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