# NO GLUTEN-CONTAINING INGREDIENTS MENU

Full allergen information is available on request from our team. Our menus do not list all ingredients. The meals on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens, so we cannot guarantee 100% free from; therefore, these meals are not suitable for people with coeliac disease. Please make a team member aware when ordering from the NGCI menu. See our main menu for prices

# **BAR SNACKS**

Olives (VG) 305 kcal

# MAINS

## Grilled Butterfield Sea Bass

Served with hasselback potatoes, rainbow chard, chorizo and a tomato & herb sauce. 691 kcal

## Lamb Shank

In a red wine & mint gravy, served with buttery chive mashed potato and Tenderstem® broccoli. 996 keal

# SHARERS Recommended for two

## Cheesy Nachos (V)

With mozzarella, cheese sauce, jalapeños, tomato & chilli sauce, guacamole and sour cream. 1172 kcal

#### Nachos Sharer (VG)

With Sheese® sauce, jalapeños, tomato & chilli sauce, guacamole and vegan mayo. 1376 kcal

# Slow-Cooked Beef Rib

Served on the bone, with garlic & parsley spring cabbage, Taw Valley Cheddar & chive mashed potato and beef gravy.

932 kcal

# SIDES

Seasonal Veg (VG) 87 kcal

Dressed Side Salad (VG) 92 kcal

Dauphinoise Potatoes (V) 265 kcal

Signature Cauliflower Cheese (V) 197 kcal

Buttery Chive Mashed Potato (V) 284 kcal

Braised Red Cabbage (VG) 173 kcal with apple

# DESSERTS

## Salted Caramel Cheezecake (VG-M)

Vegan salted caramel cheezecake on an oaty biscuit base, served with vanilla non-dairy iced dessert and salted caramel popcorn. 540 kcal

## Adults need around 2000 kcal a day

(V) Suitable for vegetarians. (VG) Suitable for vegans.

(VG-M) Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning. Please note that we do not operate a dedicated vegetarian/vegan kitchen area.

Do you have any allergies? Full allergen information is available for all dishes. Please ask a team member before you order your food and drink, as menus do not list all ingredients. We have taken all reasonable steps to avoid the unintentional presence of allergens. However, we cannot fully guarantee that products are '100% free from' allergens, owing to cross-contamination, as we do not have specific allergen-free zones in our kitchens; therefore, it is not possible to fully guarantee allergen separation. Even if you have eaten a dish previously, please inform staff of any food allergies before placing your order so that every precaution may be taken in the kitchen to prevent cross-contamination. We cannot guarantee that any dishes are free from nut traces.