



GLUTEN FREE
FOOD

GLUTEN FREE GRUB

please place your order at the bar or with your server at your table

please make it clear you are ordering from the gluten free menu, as all of the dishes with bread here also appear on our normal menu, we substitute for gluten free bread on those dishes for this menu.

NIBBLES WHILE YOU CHOOSE?

[**MARINATED OLIVES** (veg, gfo) . £4.50 / **ROSEMARY SALTED ALMONDS** (nuts, veg, gf) . £3.25]

fresh marinated pitted olives whole almonds dusted in sea salt & rosemary

STARTERS

HUMMUS & BREAD (veg), hummus, crispy onions, coriander, with (gf) bread and crisp tortilla & chilli oil . **£6.95**

INDIAN TATER TOTS (veg), crispy potato, chilli, coriander, pickled onion, yoghurt, spiced ketchup . **£6.95**

CRISPY TEMPEH KATSU (veg) crispy coated tempeh skewers, asian salad, katsu dip . **£6.95**

GARLIC MOZZARELLA BITES (v, gf) crispy coated mozzarella, garlic butter, parmesan, marinara dip . **£8.25**

KOREAN BALLS chicken or mushroom (veg) crispy coated and tossed in our korean BBQ sauce . **£6.95**

COCONUT CURRY PRAWNS king prawns in a mild coconut curry, mint yoghurt, tortilla, chilli oil . **£8.95**

SALT AND PEPPER RIBS crispy fried salt and pepper ribs, sweet & spicy dipping sauce . **£7.95**

COWBOY FRIES crispy cajun fries, layered with cheese, bacon, BBQ sauce . **£7.95**

STICKY PIGS pork sausage bites, in a sticky sweet and spicy buttery glaze . **£7.25**

SHARERS

YORKSHIRE POUTINE (gf) hand cut chips, cheese, slow cooked beef, gravy . **£7.95**

WINGS (gf) southern dusted, deep fried and tossed in your favourite sauce . **6.£6.95 / 12.£11.95**

+ **BUFFALO SAUCE** (V,GF), **BBQ** (VEG,GF), **KOREAN** (V,GF), **SWEET SRIRACHA** (V,GF), **GARLIC BUTTER** (V,GF), **SALT & PEPPER** (VEG,GF)

VEGAN WINGS (veg, gf) southern crumbed cauliflower wings in korean BBQ with mint dressing & jalapeno . **£8.95**

LOADED NACHOS (v, gf) tortillas, melted cheese, guacamole, salsa, soured cream, jalapeno . **£9.95**

* **topping** spiced pulled beef (gf) £3.95, buttermilk chicken (gf) £3.95, crispy tempeh bites £2.95 (veg, gf)

SALADS & BOWLS

add a topping of your choice to your salad or bowl

CAESAR SALAD (veg*, gf) crisp cos lettuce, our caesar dressing, garlic croutons, grated parmesan . **£11.50**

BUDDHA BOWL (nuts, veg, gf) rice, asian salad, spinach, tomato, almonds, pickles, crispy tempeh, chilli jam, lime . **£11.95**

GREEK SALAD (v, gf) cucumber, red onion, leaf, olives, tomato, green pepper, feta, lemon & oregano dressing . **£11.50**

* caesar salad can be served vegan without parmesan

+ topping: Grilled chicken & bacon (gf) / BBQ tempeh strips (veg, gf), crispy coated mushroom (veg, gf) or 4oz rump steak (gf) £5.95 / 5 buttermilk prawns (gf) £5.95

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SO! BUTTERMILK FRIED CHICKEN



buttermilk marinated chicken, dredged in our secret spiced flour blend and deep fried.

add your favourite dipping sauce:

BUFFALO (gf) / BBQ (gf) / KOREAN (gf) / SWEET SRIRACHA (gf) / NEW YORK GLAZE (gf) / GARLIC BUTTER (gf) / GARLIC MAYO (gf)

+ a portion of korean chicken balls for £5.95 / + a portion of 6 wings for £5.75
+ 5 cajun prawn skewer £5.95 / + portion of crispy sticky ribs £7.25

FRIED CHICKEN SUPPER (gf) buttermilk chicken breast, fries, cajun corn on cob, slaw, dipping sauce . **£15.95**
DIRTY BIRD PLATTER (gf) buttermilk chicken breast, 6 wings, fries, cajun corn on cob, slaw, dipping sauce . **£20.95**
FOWL & SURF FEAST (gf) buttermilk chicken, 5 cajun grilled prawns, fries, cajun corn, slaw, garlic butter . **£21.95**
FOWL & TURF SUPPER (gf) buttermilk chicken, 4oz rump, fries, cajun corn on cob, slaw, pepper sauce . **£22.95**

BUTTERMILK PARMO (gf) buttermilk chicken, with bechamel, melted cheese, bacon and BBQ, fries, salad . **£16.95**
THE VEGAN PARMO (veg, gf) crispy cauli steak, tomato sauce, bechamel, vegan cheese, fries, BBQ, salad . **£16.95**

THE CLASSICS

CLASSIC STEAK & FRITES (gf).....£11.95

4oz rump steak cooked to your liking with leaf & lashings of house fries.

add 3 onion rings & slow roast plum tomato for £3.95

8oz SIRLOIN STEAK (gf) 28 day aged sirloin steak, hand cut chips, dressed leaf . **£20.95**
+ steak garnish - 3 onion rings, roast tomato & mushroom for £4.95

ADD A EXTRA:

Onion rings (gf,veg).....£3.95
Crispy sticky ribs (gf).....£7.25
6 wings (gf).....£5.75
5 cajun prawns (gf).....£5.95
Popcorn chicken (gf).....£5.50

Mac 'n' cheese (gf,v).....£4.95
Side salad (gf, veg).....£3.95
Cajun corn (gf, v).....£3.25
Roast shroom (gf, veg).....£2.00

ADD A SAUCE:
Peppercorn sauce (gf).....£3.25
Gravy (gf).....£3.25
Blue Cheese Sauce (gf, v).....£3.95
Garlic butter (gf, v).....£2.75

BAKED HAM & EGGS (gf) thick cut ham, hand cut chips, 2 poached eggs (+ beans £1 / gf bread & butter + £1.50) . **£12.95**

FISH & CHIPS (gf) battered haddock, hand cut chips, mushy peas (+ gravy £2.95 / gf bread & butter + £1.50) . **£16.95**

CLASSIC EGG & CHIPS (v, gf) lashings of fries*, 2 fried eggs (+ beans £1 / gf bread & butter £1.50 / 3 mini bangers £2) . **£8.95**

* upgrade to homemade chips for an extra £1

SIDES

MAC 'N' CHEESE (gf, v) . **£4.95**, **HOUSE FRIES** (v, gf) . **£3.95**, **ONION RINGS** (v, gf) . **£3.95**,
CAJUN SPICED FRIES (v, gf) . **£4.25**, **SWEET POTATO FRIES** (v, gf) . **£4.50**, **SIDE SALAD** (v, gf) . **£3.95**,
CAJUN BUTTERED CORN (v, gf) . **£3.25**

NAUGHTY BUT NICE

STICKY TOFFEE PUDDING (v, gf) rich toffee sponge, toffee sauce and vanilla ice cream . **£6.95**

CHOCOLATE ORANGE BROWNIE (veg, nuts, gf) a rich chocolate brownie, pistachio, orange sorbet . **£6.95**

VANILLIS ICE CREAM **99** (v, veg*, gf) locally produced artisan ice cream and flake. ask about our flavours . **£6.95**

why not add a portion of our homemade chocolate sauce on the side of your ice cream £1.50



FANCY KNOWING ABOUT OUR
OFFERS & NEWS FIRST THEN
SCAN AND SIGN UP HERE



GLUTEN FREE
FOOD



**£19.95 FOR TWO COURSES
£5 FROM EVERY MEAL GOES TO
THE HOMELESS IN HARROGATE**

EAT OUT TO HELP OUT
LAST THURSDAY OF EVERY MONTH
- STARTING 29TH JANUARY -

we cannot list all the ingredients in our dishes, if you have a specific allergy or dislike please highlight it to one of our service team. we cook all our dishes from fresh, where possible we will try and meet any of your specific dietary requirements. (veg) vegan, (v) vegetarian, (veg*, v*) vegan / vegetarian (with correct topping), (nuts) contains nuts, (sp) spiced dish, all items are subject to availability.

all our food is prepared in the same kitchen as products that contain nuts and gluten, and therefore may contain trace elements of them.