



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?

<b>MARINATED OLIVES</b> (veg, gfor) . £4.50 <small>fresh marinated pitted olives</small>	<b>ROSEMARY SALTED ALMONDS</b> (nuts, veg, gf) . £3.25 <small>whole almonds dusted in sea salt &amp; rosemary</small>
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## 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 (🍴)(VEG,GF), SWEET SRIRACHA (🍴)(VEG,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

# SARNIES

all served in a gluten free wrap with fries unless otherwise mentioned  
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**CAJUN MELT** (gfor) cajun spiced chicken, melted cheddar, garlic mayo, tomato . **£9.95**

**SHRIMP PO BOY** (gfor) southern crumb coated king prawns, garlic butter, iceberg, dirty mayo . **£11.95**

**SMOKED SALMON WRAP** (gfor) smoked salmon, cream cheese, spinach, herbs, pickled onion, basil mayo . **£11.50**

**MEXICAN WRAP** (v\*, gf) salsa, guacamole, soured cream, cheddar, iceberg, crispy chicken or mushroom (v) . **£11.95**

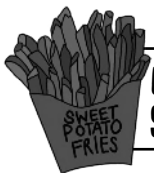
**THE PHILLY** (gfor) thinly sliced steak, fried onion, pepper, melted cheddar & swiss cheese, garlic mayo . **£12.95**

**DUNKIN BEEF WRAP** (gf) yorkshire wrap, pulled beef, onion, romaine, tomato, gravy, homemades . **£13.95**

**LOADED GYROS** (veg\* gfor)..... **£13.95**

your choice of filling with, hummus, cucumber, pickled & red onion, romaine, tomato, mint dressing  
fried potato and feta (not in spiced chickpea or crispy mushroom version). served with fries on the side.

CHOOSE FROM: GRILLED CHICKEN (gf), 4oz STEAK +£2 (gf), CRISPY TEMPEH BITES (veg, gf), GRILLED MUSHROOM (veg, gf)



UPGRADE YOUR FRIES TO  
SWEET POTATO FOR £1.50

## BURGERS

ADD A SIDE OF  
SLAW £2.95



served in a gluten free bun with fries. want it buck nekid, in lettuce instead of bun, just ask



This vegan burger consists of a spicy chickpea burger, with guacamole, chilli jam, smoked vegan cheese, dirty mayo, jalapeno's & salad. Served with side salad or fries.

**£15.95**

Three beef patties smashed into fried onions, caramelised with a very mild American mustard, 3 slices bacon treble American cheese, BBQ sauce, dirty mayo. Served with fries

**OKLAHOMA**  
ONION & BACON  
BURGER

**£16.95**



**SO! CLASSIC** (gfor) two beef patties, iceberg, tomato, red onion, american mustard, pickles, ketchup. + cheese £1 / bacon £1 . **£13.95**

**DOUBLE BUBBLE** (gfor) two beef patties, double smoked bacon, double cheese, BBQ sauce, salad, pickles . **£16.95**

**LOST BOY** (gfor) garlic butter & cheese stuffed beef patty, garlic mushrooms, bacon, more swiss cheese, salad, garlic mayo . **£16.95**

**SYMPATHY WITH THE DEVIL** (gfor) cajun patties, cheddar, chilli jam, jalapeno, chorizo, salad, soured cream, dirty mayo . **£16.95**

**BEEF & BLUE** (gfor) two beef patties, pulled beef, blue cheese, bacon, crispy & pickled onion, garlic mayo, peppercorn sauce . **£16.95**

**KOREAN CHICKEN BURGER** (gfor) buttermilk chicken, korean BBQ, bacon, pineapple, mayo, asian salad and feta . **£16.25**

**CHICKEN KATSU BURGER** (gfor) buttermilk chicken, crispy salad, garlic mayo and katsu curry sauce to dip in . **£16.25**

**SWEET CLUCK BURGER** (gfor) dble buttermilk chicken, garlic bread bun, bacon, cheese, sweet sriracha, pickles, basil mayo . **£16.95**

**PHISH BURGER** (gfor) crispy haddock, mushy peas, pickled onion, tartare, ketchup. + curry sauce or gravy dip £2.95 . **£15.95**

**THE PARMOLATOR** (veg, gfor) crispy tempeh patty, vegan bechamel, marinara, pickled onion, iceberg, basil mayo . **£15.95**

**THE CLASSIC DIRTY V** (veg, gfor) spicy chickpea burger, smoked vegan cheese, pickles, BBQ, crispy onions, dirty mayo . **£15.95**

## BURGER DIP

ADD A DUNKIN TROUGH TO YOUR BURGER **£2.95**

NACHO CHEESE SAUCE (gf), HOMEMADE GRAVY (gf), BLUE CHEESE SAUCE (v, gf),  
PEPPERCORN (gf), CURRY SAUCE (veg, gf), GARLIC BUTTER £2.75 (v, gf)

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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 8 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  
8 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**

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**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.