

GLUTEN FREE MENU

Served from 12pm - 9pm

NIBBLES

Perfect for sharing - 6.75 each

Pork Belly Bites (608 kcal)
Apple sauce.

Nachos (v) (445 kcal)
*Cheese, guacamole, sour cream,
salsa and jalapeños.*

Spiced Hummus (ve) (405 kcal)
With grilled bread.

MAINS

10oz Ribeye Steak (973 kcal) **25.95**
*Thick-cut chips, thyme roasted
plum tomato, field mushroom,
watercress and pepper sauce.*

**10oz Honey Glazed
Bacon Steak** (1311 kcal) **16.95**
Grilled pineapple and fried egg.

**Vegan Sausage and
Borlotti Beans** (ve) (820 kcal) **14.95**
Celeriac, crispy kale.

Vegan Shepherd's Pie (ve) (1026 kcal) **13.95**
Sticky red cabbage.

SIDES

Thick-Cut Chips (v) (337 kcal) **3.75**

Fries (ve) (519 kcal) **3.75**

Sweet Potato Fries (ve) (420 kcal) **4.95**

Garlic Ciabatta (407 kcal) **4.95**

Cheesy Garlic Ciabatta (614 kcal) **5.95**

SANDWICHES

SERVED ON GLUTEN FREE BREAD

Philly Steak Ciabatta (1482 kcal) **10.95**
*Topped mustard mayo,
fried onions and melted cheese.*

Cheese Sandwich (1278 kcal) **8.95**
*With sliced tomato
and baby gem.*

Abel's Club Sandwich (1123 kcal) **10.95**
*Chicken, bacon, avocado,
baby gem and sliced tomato.*

**Roast Ciabatta
of the Day** (1230 / 1155 kcal) **10.95**
*Beef or turkey, thick-cut chips
and a jug of gravy.*

ADD A MUG OF HOMEMADE SOUP
TO YOUR SANDWICH (190 kcal) **2.95**

DESSERTS

Trio of Ice Cream (v) (621 kcal) **5.95**
Ask your server for today's choices.

Full allergen information is available on request. Please ask our team for details when ordering both food and drink.

All weights noted are approximate and prior to cooking.

(v) VEGETARIAN (ve) VEGAN

Despite our best efforts, we are unable to guarantee that our dishes are free from any allergen. Adults need around 2,000 kcal a day.