











BISTRO SUMMER MENU

COELIAC FRIENDLY MENU











OPEN DAILY JULY & AUGUST FROM 12PM - 9PM



STARTERS & LIGHT BITES

Soup of the Day (When gluten free option available) & GF Wheaten Bread	 	£3.95
Sandwiches on GF Bread Select 3 of the following fillings: Ham / Tomato / Cheese / Onions / Chicken / Tuna / Lettuce / Sweetcorn	  	£4.25
Prawn Cocktail Salad Atlantic Prawns / GF Wheaten / Marie Rose / Salad	  	£5.50
Sautéed Garlic Mushrooms GF Ciabatta / Salad / Balsamic		£3.95
Grilled Pear & Goat Cheese Salad Grilled pear / garlic and herb goat cheese pearls / mixed leaves / cherry and sundried tomatoes finished with a balsamic glaze		£5.25

MAINS

Chicken Tenders Strips of chicken fillet coated in our seasoned GF flour mix / Salad / BBQ, Chilli or Mayo Dip	 	£9.50
8oz Sirloin Steak Local sirloin cooked to your preference served with sauté onions, mushrooms & sauce of choice		£13.95
Grilled Chicken Fillet of chicken / tobacco onions / sauce of choice		£9.95
Simply Salmon fillet baked in lemon butter	 	£12.95
6oz GF Steak Burger tobacco onions / Pepper Sauce		£9.95
Beer Battered Cod Peas / Tartare Sauce	 	£10.95
Golfers Fry Double GF Sausage / Double Bacon / Tomato / Fried Egg		£8.50

The above mains include your choice of side, choice from :

Chunky Chips / Skinny Fries / Mash / Champ / Garlic Dice / Chilli Dice / Mixed Veg / Mixed Salad
Extra Side orders £2.95

Homemade sauces include: Pepper Cream / Garlic / Gravy: Extra Sauce Portions £2.00

Chicken or Stir Fry Vegetable Curry served with boiled rice		£9.50
Mediterranean Vegetable Pasta Roasted Pepper & Tomato Sauce / Garlic Bread / Parmesan		£9.50



Contains
Dairy



Contains
Egg



Contains
Fish



Contains
Shell Fish



Contains
Soya



Contains
Tree Nuts



Contains
Wheat







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DESSERTS

Toffee Sundae 	£3.95
Vanilla Ice Cream / Smashed Crunchie / Toffee Sauce	
Sticky Toffee Pudding   	£3.95
with choice of Cream , Ice Cream or Custard	
Chocolate & Strawberry Mousse  	£4.70
Belgian Chocolate / Double Cream / Strawberries / Flake	

Wines

White

- 1. Paco Ancho Reserva Sauvignon Blanc, Chile** £13.95
Delicate, lovely citrus & tropical fruit, green apple & pineapple.
- 2. Flavorelli Pinot Grigio, Italy** £14.95
Full-bodied & structured, ripe apricot, peach & melon as well as mineral & butter flavours.
- 3. Bavarder Chardonnay, France** £14.95
Peach, citrus & tropical fruit. Medium-bodied with crisp finish.
- 4. Luc Sauv Blanc, New Zealand** £17.95
Intense mix of passionfruit, lemon & grapefruit with floral accents. A crisp acidity and wonderful length.
- 5. Château de Cleray 'Baronne de Cleray'** £20.95
Steely & focussed, shows its class from the first aromas of citrus & stone fruit flowing into wet stone. Dry with great length.

Rosé

- 6. Frocks & Thrills White Zinfandel, USA** £14.95
Lively, fruity red summer fruits, an attractive sweet crispness.

Red

- 7. Road Trip Merlot, Chile** £13.95
Soft & fruity like a jam tart.
- 8. Most Wanted Malbec, Argentina** £14.95
Medium-bodied, blackberries, blueberries & a hint of oak.
- 9. Bavarder Cabernet Sauvignon, France** £14.95
Typical blackcurrant flavours show strongly in this excellent wine. Purposely vinified in as soft, fruity easy to drink style.
- 10. Murphy Vineyards Shiraz, Australia** £15.95
Splashes of chocolate, spice & juicy strawberries on the nose, Impressive dark sweet fruit, closing with an impressive length.
- 11. Anciano Gran Reserva 10 years, Spain** £18.95
100% Tempranillo aged 10 years in oak barrels to ensure peak drinking with balanced fruit & oak characteristics, A great glass!

Prosecco & Champagne

- 12. Calogera Prosecco, Italy** £17.95
Fine, persistent soft fizz surrounds the typical spectrum of apple, pear and a hint of peach.
- 13. Georges Cartier Brut NV, France** £45.00
Pale gold colour. Peach and pear aromas with roundness and great length. Perfect balance of Pinot Noir & Chardonnay.

Quarter Bottles

White

- 14. Road Trip Chardonnay** £3.95
Struth! Big juicy fruits to pack a punch.
- 15. Kissing Tree Pinot Grigio, Italy** £3.95
Mouth-watering with zingy fresh fruits & citrus notes.
- 16. Road Trip Sauvignon Blanc, Chile** £3.95
Fresh, clean & lots of fun.

Red

- 17. Kissing Tree Shiraz, Australia** £3.95
Enticing blackberry notes & lightly spicy plum flavours.
- 18. Road Trip Shiraz, Australia** £3.95
Jammy, plummy, delicious,
- 19. Most Wanted Malbec, Argentina** £4.10
Medium-bodied, blackberries, blueberries & a hint of oak.
- 20. Kissing Tree Merlot, Chile** £3.95
Lingering aromas with mouth-watering blackcurrant fruits.

Rosé

- 21. Frocks & Thrills White Zinfandel, USA** £3.95
Lively, fruity red summer fruits, an attractive sweet crispness.

Sparkling

- 22. Le Contesse Prosecco Extra Dry, Italy** £7.50
Delicate with a hint apple, wisteria & acacia flowers, (200ml).



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Egg



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Fish



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Shell Fish



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Soya



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Wheat