




GLUTEN-FREE MENU

As our kitchen, and fryers contain gluten, we cannot guarantee any dish to be totally free-from


SMALL PLATES

- Gluten-free Bread & Garlic Butter 3.50 **v**
- Nocerella, Gaeta & Cerignola Olives 3.75 
- Tomato Houmous, Baked Chickpeas & Gluten-free Bread 4.50 
- Beetroot Falafel, Coconut Yoghurt 4.75 
- Iberico Chorizo 5.50

STARTERS

- Poached Salmon & Prawn Cocktail, Crushed Avocado, Crab Mayonnaise 9.50
- Today's Autumn Soup - See Blackboard 6.00 **v**
- Pan-fried Native Scallops, Tartare Hollandaise, Spinach & Capers 12.00
- Baked Somerset Camembert, Truffle Honey, Walnut Crust & Gluten-free Bread 8.00 **v**
- Roast Squash Salad, Black Rice, Chilli, Sesame, Toasted Pumpkin Seeds, Pickled Radish & Chardonnay Vinaigrette 7.00/13.00 

MAIN COURSES




- Free-range Chicken Supreme, Kiev Butter, Skinny Fries or Green Salad 16.50
- Honey-glazed Merrifield Duck Breast, Savoy Cabbage, Smoked Bacon, Puréed Celeriac, Green Peppercorn Jus 22.50
- Sri Lankan Spinach, Sweet Potato & Chickpea Curry, Cashews, Coconut Sambal, Basmati Rice & Gluten-free Bread 14.75 
- Today's Market Fish, Brown Butter, New Potatoes, Rocket - Market Price
- Pan-fried Sea Bream Fillet, Coconut Emerald Dahl, Tempered Spices 17.50

GRILL

*We serve the best British beef. Grass-fed, naturally slow-grown on carbon-capturing pasture.
Dry-aged by Aubrey Allen for incredible flavour. When only a steak will do, make it one of these beauties.
All Steaks are served with Chips & Watercress Salad.*

- 8oz Rump Cap 19.75
- 10oz Rib Eye 27.50
- Add Béarnaise or Peppercorn Sauce 1.75

SIDES

- Thick-cut Chips or Skinny Fries 4.00 
- Buttered New Potatoes 4.00 **v**
- Green Salad, Soft Herbs, Toasted Seeds, Vinaigrette 4.25 
- Seasonal Green Vegetables, Olive Oil & Lemon 4.00 
- Braised Red Cabbage 4.00 **v**

DESSERTS

- Crème Brûlée 6.00 **v**
- Salcombe Dairy Ice Creams & Sorbets 5.95 **v**
- (Choose Three: Vanilla, Chocolate, Strawberry, Honeycomb, Mango or Raspberry Sorbet)



ARTISAN CHEESE

- Our cheeses change with the season & are all served ripe & ready with chutney, apple & gluten-free bread
- Choose from: Camembert Gillot **v** | Rutland Red **v** | Beauvale | Blanche Goats **v** | The Strathearn **v**
- All five cheeses 12.00 Any three cheeses 7.00 A single smidgen of cheese 3.75

v Vegetarian dishes  **Vegan dishes** We're also happy to adapt other dishes, please ask.

Whilst we don't offer a children's menu, we are happy to make them simplified versions of our dishes, or a half portion at half price.
Allergens: before ordering, please speak to one of our team. Dishes are prepared in our busy kitchens, containing all ingredients, and we cannot guarantee any dish to be totally free from allergens. If you want to know more about how our dishes are cooked or prepared, please talk to us.
A 10% service charge is added to parties of six or more. All tips go to the team.

WE ALWAYS SERVE THE GOOD STUFF

Naturally, since it's what we want to eat and drink ourselves. We enjoy long relationships with our food and drink suppliers because we have always sought out producers who feel the same way.

With thanks to some of our favourites.



**THE BEAR &
RAGGED STAFF**

MAKING LIFE PEACHY