

# 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 
- Padron Peppers & Sea Salt 5.50 

## STARTERS

- Poached Salmon & Prawn Cocktail, Crushed Avocado, Crab Mayonnaise 9.50
- Today's Summer Soup - See Blackboard 6.00 **v**
- Pan-fried Scallops, White Beans, Leeks & Chorizo 12.00
- Laverstoke Park Buffalo Mozzarella, Evesham Heritage Tomatoes, Basil 8.50 **v**

## MAIN COURSES

- Free-range Flat Iron Chicken, Kiev Butter, Confit Garlic, Skinny Fries or Green Salad 17.50
- Pan-fried Sea Bass Fillets, Miso-roasted Aubergine, Edamame Beans, Beansprouts, Sesame, Chilli & Ginger 18.00
- Sri Lankan Sweet Potato, Cauliflower & Chickpea Curry, Basmati Rice & Gluten-free Bread 14.75 
- Roast Cornish Lamb, Roast Mediterranean Vegetables, Black Olives & Salsa Verde 21.00
- Today's Market Fish, Brown Butter, Capers & Shaved Fennel - Market Price

## 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
- 100z Rib Eye 27.50
- Add Béarnaise or Peppercorn Sauce 1.75

## SIDES

- Thick-cut Chips or Skinny Fries 3.95 
- Buttered New Potatoes 4.00 **v**
- Heritage Tomato Salad, Basil & Olive Oil 4.25 
- Summer Green Vegetables, Olive Oil & Lemon 4.00 

## DESSERTS

- Peach Melba Knickerbocker Glory, Caramelised Almonds 6.50 **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** | Rollright | Blanche Goats **v** | Northern Blue **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