




# GLUTEN-FREE MENU

*As our kitchens and fryers contain gluten, and dishes are prepared in busy kitchens containing all ingredients, we cannot guarantee any dish to be totally free from allergens.*


## APÉRITIFS

Nyetimber Classic Cuvée 10.50  
Champagne Piper-Heidsieck 10.00  
Negroni 9.50  
Aperol Spritz 8.75


## SMALL PLATES

Great for sharing over a drink while you decide.  
Nocellara, Gaeta & Cerignola Olives 4.00   
Baked Camembert, Onion Marmalade & Gluten-free Toast 9.00   
Shawarma-spiced Houmous, Crispy Chickpeas & Gluten-free Toast 5.75   
Chilli & Soy Chicken Wings, Gochujang Sauce 6.25

## STARTERS

Today's Autumn Soup, Gluten-free Bread - See Blackboard 6.50   
Garlic & Paprika King Prawns, Roast Tomatoes, Gluten-free Toast 9.95  
Smoked Salmon, Crème Fraîche & Gluten-free Toast 9.50  
Potted Pulled Pork, Golden Beetroot Piccalilli 8.75





## MAINS

Jimmy Butler's Pork Belly, Buttered Kale, Roast Pumpkin, Apple & Crackling 18.75  
Daily Market Fish, Brown Butter, New Potatoes, Rocket - Market Price  
South Indian Cauliflower & Sweet Potato Curry, Crispy Chickpeas, Basmati Rice 15.50   
Smoked Loch Trout, Sesame Crust, Soy & Sake Bok Choy, Edamame & Mooli 22.50





## GRILL

*We serve the best British beef. Grass-fed, naturally slow-grown on carbon-capturing pasture. 28 Day dry-aged by Aubrey Allen for incredible flavour. When only a steak will do, make it one of these beauties.*  
*Steaks served with New Potatoes & Rocket | Add Béarnaise or Peppercorn Sauce 2.50*  
8oz Rump Cap Steak 21.50  
12oz Sirloin on the Bone 31.00

## SIDES

Roast Crown Prince Pumpkin, Confit Shallots & Sage 4.50   
Green Salad, Soft Herbs, Toasted Seeds, Chardonnay Vinaigrette 4.25   
Creamed Spinach, Nutmeg 4.25   
Buttered New Potatoes 4.00 

## PUDS & BRITISH CHEESE

Warm Pear & Almond Tart, Chantilly Cream 7.75   
Autumn Pavlova - English Blackberries & Apple 8.25   
Jude's Ice Cream & Sorbet 6.75   
(Choose Three: Vanilla, Strawberry, Salted Caramel, Chocolate, Lemon or Raspberry Sorbet)  
Our British cheese changes with the season & are all served ripe & ready with Chutney, Apple & Gluten-free Toast  
Choose from: Baron Bigod | Luna Goats  | Baby Baronet | Pitchfork Cheddar | Beauvale Blue  
All Five Cheeses 13.00 | Any Three Cheeses 8.50 | Smidgen of Cheese 4.50

 Vegetarian Ingredients  Vegan Ingredients Please note - some items may be cooked in multi-purpose fryers.

Allergens: before ordering, please speak to our team. Dishes are prepared in busy kitchens containing all ingredients, 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. Children are heartily welcome and we're happy to make simplified versions of dishes, or half portions at half price. An optional 10% service is added to parties of six or more, all tips go to the team. A 25p contribution from every superfood salad goes to Peach Foundation, which raises funds to support good causes in our local communities.



## THE BEAR & RAGGED STAFF

### MAKING LIFE PEACHY

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, working with those who have the same ethics as us. We're also proud members of The Sustainable Restaurant Association, accelerating environmental change within hospitality, and our coveted Three Star Accreditation makes us best in class. In support of our sustainability mission, we have also offset the printing of our menus, supporting World Land Trust.

[www.makinglifepeachy.com](http://www.makinglifepeachy.com)

