

GLUTEN FREE



DAY MENU

SNACKS

Marinated Olives with Chilli, Garlic & Herbs.....	£3.50
Home-made Soup with Gluten Free Bread.....	£4.50
Cup of Home-made Soup with a Gluten Free Sandwich.....	£7.95
Hummus & Tzatziki with Gluten Free Bread.....	£5.95
Chicken Liver Pate with Onion Marmalade & Gluten Free Toast.....	£6.50
Gambas Pil Pil – Tiger Prawns in Chilli & Garlic.....	£6.50
Crispy Whitebait with Mixed Salad Leaves & a Lemon Mayonnaise.....	£6.50
Fish Goujons with Tartare Sauce & Mixed Salad.....	£6.50

SALADS

Chicken Caesar Salad	£9.95
Cos Lettuce, Chicken Breast, Anchovies, Parmesan Shavings & Caesar Dressing	
Warm Chicken & Bacon Salad with Toasted Pine Nuts	£9.95
Green Village Salad	£9.95
Feta, Olives, Mixed Salad & Dressing	
Tuna Salad Nicoise	£9.95
New Potatoes, Egg, Anchovies, Mixed Salad, Tuna & Olives	
Italian Salad	£9.95
Proscuitto, Mozzarella, Sun Blush Tomatoes, Basil, Mixed Leaves & Toasted Pine Nuts	
Smoked Salmon & Prawn Salad with a Sun Blush Tomato Mayonnaise	£9.95
Grilled Goats Cheese Salad with Toasted Pine Nuts & a Balsamic Glaze	£9.95

SPECIALITY SANDWICHES

All served with skinny fries or chunky chips and salad

Big Fat Greek	£10.95
Gluten Free Pitta Bread with Feta, Tomatoes, Mixed Leaves, Hummus, Red Onions & Peppers	
Big Fat Italian	£10.95
Gluten Free Roll with Salami, Proscuitto, Mortadella, Mozzarella, Sun Blush Tomatoes, Rocket & Basil Mayo	
Big Fat Vegetarian	£10.95
Gluten Free Roll with Hummus, Roasted Mediterranean Vegetables, Rocket, Mozzarella, Sun Blush Tomatoes & Basil Mayo	
Char Grilled Minute Steak Sandwich	£11.95
Gluten Free Roll with Mayo, Mixed Leaves & Caramelised Onions	

GLUTEN FREE DAY MENU



MEDITERRANEAN SANDWICHES

Served with Mixed Salad & Coleslaw

Tomato, Mozzarella & Basil (V)	£6.95
Proscuitto, Tomato, Mozzarella & Basil	£6.95
Spicy Prawn & Rocket	£6.95
Spicy Chicken.....	£6.95
Chicken & Roasted Mediterranean	
Vegetables	£6.95
Hummus & Roasted Mediterranean	
Vegetables (V).....	£6.95

TRADITIONAL SANDWICHES

Served with Mixed Salad & Coleslaw

Tuna Mayonnaise.....	£6.95
Egg Mayonnaise (V).....	£6.95
Cheddar Cheese with Westmorland	
Chutney (V)	£6.95
Honey Roast Cumbrian Ham	£6.95
Coronation Chicken	£6.95
BLT – Bacon, Lettuce and Tomato with	
Mayonnaise.....	£6.95
Chicken, Bacon, Lettuce and Tomato with	
Mayonnaise.....	£6.95
Prawns in a Sun Blush Tomato Mayo.....	£6.95
Cartmel Valley Smoked Salmon.....	£6.95

SHARING PLATTERS

For One £12.95 To Share £19.95

Greek Meze - Lountza, Halloumi, Hummus, Tzatziki, Olives, Greek Village Salad & Gluten Free Bread

Italian Platter - Mozzarella, Proscuitto, Salami, Mortadella, Olives, Sun Blush Tomatoes, Mixed Salad & Gluten Free Bread

Spanish Platter - Chicken Skewers Marinated in Olive Oil & Garlic, Calamari, Meatballs, Garlic Mushrooms, Gambas Pil Pil, Mixed Salad & Gluten Free Bread

Vegetarian Platter - Baby Baked Camembert, Hummus, Tzatziki, Roasted Mediterranean Vegetables, Marinated Olives, Salad & Gluten Free Bread

MAINS

Grilled Fish with Ratatouille & Roasted New Potatoes with Rosemary & Garlic	£13.95
Chicken Kebabs Marinated in Garlic & Rosemary with Crushed New Potatoes & Tzatziki.....	£12.95
Risotto of the Week	£11.95
Cajun Spiced Chicken Burger with Gluten Free Bread	£10.95
Cajun Spiced Chicken Burger with Bacon & Cheese and Gluten Free Bread	£11.95

SIDES

Chunky Chips	£3.50	Onion Rings	£3.50
Skinny Fries.....	£3.50	Roasted Mediterranean Vegetables	£3.95
Parmesan Fries.....	£3.95	Roasted New Potatoes with Garlic &	
Gluten Free Garlic Bread	£3.50	Rosemary (V).....	£3.50
Gluten Free Garlic Bread with Cheese	£3.95	Ratatouille.....	£3.95

Afternoon tea, cakes and dessert, please ask staff for details

Special Diets

Whilst we do our utmost to accommodate any special dietary requirements, the food is all prepared in the same kitchen, therefore we cannot accept any liability.

GLUTEN FREE



EVENING
MENU

GLUTEN FREE EVENING MENU



STARTERS/TAPAS

A little taste of the Mediterranean. To be enjoyed as a snack with a drink, a starter or choose a selection as a sharing style main course.

Marinated Olives with Chilli, Garlic & Herbs	£3.50
Home-made Soup with Gluten Free Bread	£4.50
Hummus & Tzatziki with Gluten Free Bread	£5.95
Chicken Liver Pate with Onion Marmalade & Gluten Free Toast	£6.50
Gambas Pil Pil – Tiger Prawns in Chilli & Garlic	£6.50
Crispy Whitebait with Mixed Salad Leaves & a Lemon Mayonnaise	£6.50
Fish Goujons with Tartare Sauce & Mixed Salad	£6.50
Lountza & Halloumi	£4.95
Garlic Mushrooms	£4.25
Spicy Meatballs	£4.95
Calamari with Aioli	£4.95
Patatas Bravas	£3.50
Patatas Bravas with Cheese	£3.95
Basket of Gluten Free Bread	£2.95
Chicken Skewers with Olive Oil & Garlic	£5.50

SHARING PLATTERS

For One £12.95 To Share £19.95

Greek Meze

Lountza, Halloumi, Hummus, Tzatziki, Olives, Greek Village Salad & Gluten Free Bread

Italian Platter

Mozzarella, Proscuitto, Salami, Mortadella, Olives, Sun Blush Tomatoes, Mixed Salad & Gluten Free Bread

Spanish Platter

Chicken Skewers Marinated in Olive Oil & Garlic, Calamari, Meatballs, Garlic Mushrooms, Gambas Pil Pil, Mixed Salad & Gluten Free Bread

Vegetarian Platter

Baby Baked Camembert, Hummus, Tzatziki, Roasted Mediterranean Vegetables, Marinated Olives, Salad & Gluten Free Bread

SALADS

Chicken Caesar Salad	£9.95
Cos Lettuce, Chicken Breast, Anchovies, Parmesan Shavings & Caesar Dressing	
Warm Chicken & Bacon Salad with Toasted Pine Nuts	£9.95
Green Village Salad	£9.95
Feta, Olives, Mixed Salad & Dressing	
Tuna Salad Nicoise	£9.95
New Potatoes, Egg, Anchovies, Mixed Salad, Tuna & Olives	
Italian Salad	£9.95
Proscuitto, Mozzarella, Sun Blush Tomatoes, Basil, Mixed Leaves & Toasted Pine Nuts	
Smoked Salmon & Prawn Salad with a Sun Blush Tomato Mayonnaise	£9.95
Grilled Goats Cheese Salad with Toasted Pine Nuts & a Balsamic Glaze	£9.95

MAINS

Steak Frites – Chargrilled Sirloin of Beef with Salad & Fries	£14.95
Chicken Frites – Chargrilled Chicken Fillet with Salad & Fries	£11.95
Grilled Fish with Ratatouille & Roasted New Potatoes with Rosemary & Garlic	£13.95
Chicken Kebabs Marinated in Garlic & Rosemary with Crushed New Potatoe, Basil Oil & Tzatziki	£12.95
Risotto of the Week	£11.95
Gluten Free Pasta of the Week	£11.9
Cajun Spiced Chicken Burger with Gluten Free Bread	£10.95
Cajun Spiced Chicken Burger with Bacon & Cheese and Gluten Free Bread	£11.95

SIDES

Chunky Chips	£3.50
Skinny Fries	£3.50
Parmesan Fries	£3.95
Gluten Free Garlic Bread	£3.50
Gluten Free Garlic Bread with Cheese	£3.95
Onion Rings	£3.50
Roasted Mediterranean Vegetables	£3.95
Roasted New Potatoes, Garlic & Rosemary	£3.50
Ratatouille	£3.95

Special Diets

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