

GLUTEN FREE MENUS

STARTERS

CHICKEN LIVER PATE served with onion jam & toasted gluten free bread **£5.95**

BRUSCHETTA Tomato, parsley & basil salad served on toasted Gluten Free bread **£5.95**

CAPRINO Baked goat cheese with caramelised onion, G.F. bread & balsamic dressing **£7.50**

Italian Beef MEATBALLS With chilli, garlic, tomato & basil sauce & gluten free bread **£6.95**

King Prawn & Chorizo Pan-fried with garlic butter, served with G.F bread **£10.95**

MAINS

Grilled Chicken with tomato & basil sauce, served with vegetables and baby potatoes **£15.95.**

Seabass 2 Fillets with white wine & parsley sauce, vegetables & potatoes **£19.95**

Seafood Pasta King prawn, mussels, calamari, G.F Pasta, cooked with white wine, tomato, chili & garlic **£15.95**

Bolognese slow cooked beef Ragu with Gluten Free pasta **£12.5**

Seafood Risotto, King prawn, mussels, calamari, Cooked with white wine, tomato, thyme, rosemary & garlic **£15.95**

Chicken & Asparagus **Risotto** coked with garlic, thyme, pesto & rosemary **£12.5**

Carbonara Gluten Free Pasta with smoky pancetta, parmesan & cream sauce **£12.5**

10 oz dry aged Sirloin Steak, served with vegetables & baby potatoes **£20.95**

Chicken & Chorizo Gluten Free pasta, fresh chilli, garlic & cherry tomatoes **£12.5**

Arabiatta Gluten Free pasta with fresh garlic, chilli, tomato & basil sauce **£11.5**

Con Pollo Gluten Free pasta with chicken & mushroom in a creamy basil sauce **£12.5**

9oz Fillet Steak served with mix vegetables & potatoes **£27.95**

North Sea Hake served with white wine sauce, mix vegetables & potatoes **£18.95**

DESSERT **Gluten Free hand -made Pecan & Walnut tart £6.95** Served with G. Free Vanilla ice cream