

GLUTEN FREE LUNCH

TWO COURSES FOR 20.95
THREE COURSES FOR 24.95

STARTERS

North Atlantic Prawn Salad

Prawn mayo, chopped lettuce, bread & butter. 527kcal

Chargrilled Asparagus

Poached Copper Maran heritage hen egg, smoked pancetta, Parmesan shavings. 260kcal

Asparagus & Exotic Mushrooms On Toast (v)

Roast Roscoff onions, Chardonnay & tarragon vinaigrette. 325kcal

MAINS

Steak Frites (4 supplement)

Garlic butter, confit tomato, fries. 903kcal

Chicken & Avocado Salad

Pancetta, avocado, Parmesan, maple & mustard dressing. 778kcal

Roast Vegetable Stew With Paprika & Cumin Seeds (v)

Roast tomatoes, peppers, butternut squash and baby kale in warming spices with feta and chickpeas, bread. 669kcal

Roast Butternut & Sage Risotto (ve)

Toasted pumpkin seeds, crispy sage, white wine, lemon. 775kcal

DESSERTS

Apple & Plum Crumble (v)

Stem ginger ice cream. 676kcal Vegan option available. 663kcal

Ice Cream (v)

Your choice of vanilla (223kcal), chocolate (259kcal), stem ginger (215kcal) or honeycomb (231kcal) ice cream or raspberry sorbet (110kcal)

SIDES

Parmesan & Truffle Thick-Cut Chips 429kcal • 5.25

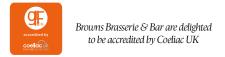
Seasoned Fries (v) 359kcal · 4.50

Onion Rings (v) 291kcal · 4.50

Roast Beetroot & Crumbled Feta (v) 264kcal · x.xx

Rocket & Tomato Salad (ve) 114kcal · 4.75

Sautéed La Ratte Potatoes (v) 225kcal · 4.75









Allergen Information.

Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information.

This menu has been accredited by Coeliac UK. Processes and training are in place to ensure that meals on this menu are gluten free. 'Gluten free' describes foods that contain gluten at a level of no more than 20 parts per million (ppm). Our food and drinks are prepared in food areas where other cross contamination risks may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, or you require our allergen information, please let us know before ordering.

 $(v) = \text{made with vegetarian ingredients}, (ve) = \text{made with vegan ingredients}, \text{however some of our preparation}, \\ \text{cooking and serving methods could affect this. If you require more information}, \\ \text{please ask your server. Fish dishes may contain small bones}. \\ \star = \text{this dish contains alcohol}.$

All calories are correct at the time of menu print.

Live nutrition information is available online.

All items are subject to availability.