



GLUTEN FREE MENU

INDIVIDUAL NIBBLES

GLUTEN FREE BREAD £4.50 | VG
Rapeseed oil, balsamic vinegar or salted butter / vegan spread

OLIVES
£3.50 | VG

HOUMOUS & GF BREAD
£7.50 | VG

SMALL OR LARGE PLATES

CHARCUTERIE PLATE £10 / £18
Chorizo, salami, prosciutto, cornichons, olives, sun dried tomatoes, summer slaw, GF bread

SMOKED MACKEREL SALAD £8.50 / £16
Green lentils, cherry tomatoes, cucumber, mixed leaves, lemon and horseradish dressing

SUMMER SALAD £8 / £15 | V
Mixed salad leaves, sundried tomatoes, green beans, garden peas, cucumber, spring onions, feta, toasted sunflower seeds
(vegan option available)

WE ♥ LOCAL

Charmouth Bakery (Charmouth)
Kingfisher (Brixham)
West Country Catch (Weymouth)
Foots Eggs (Sherbourne)
RD Johns (Newton Abbot)
Last Course Patisserie (Cullompton)
West Country Veg (Newton Abbot)
Crab Man (Beer)

PLEASE BE PATIENT, ALL OUR FOOD IS COOKED FRESH TO ORDER

FISH

GRILLED FILLET OF HAKE £19
Buttered new potatoes, seasonal greens, lemon butter

CRISPY FISH & CHIPS £9 / £18
Crispy fish of the day in a gluten free batter, thick cut chips, minted mushy peas, tartare sauce

**MONKFISH AND PRAWN
LIME AND COCONUT STEW** £21
Chillies, sweet potato, prawn crackers, fragrant rice

CATCH OF THE DAY £22
Please ask for today's choice

PASTA

ALL SERVED WITH GLUTEN FREE PASTA

CAPONATA £14 | VG
Aubergine, celery, capers, olives, rich tomato sauce

RED PEPPER PESTO & FETA £15 | V
Topped with toasted pine nuts

SEAFOOD PASTA £18
Onions, white wine, garlic, chilli, butter, lemon, cream

GRILLS

PILOT BOAT BURGER £14
Gluten free bun, burger sauce, sweet gherkin, gem lettuce, skinny fries

CAJUN CHICKEN BURGER £14
Gluten free bun, burger sauce, sweet gherkin, gem lettuce, skinny fries
Add to your burger cheddar, Dorset Blue, goats, plant based cheese, bacon, caramelised onions £1.75 EACH

8oz M/R FLAT IRON STEAK £22
Skinny fries, garlic herb butter, red onion and rocket salad

SIDES

THICK CUT CHIPS £4
SKINNY FRIES £4
BABY MIXED LEAVES £4
BUTTERED NEW POTATOES £4
SUMMER SLAW £4
TENDERSTEM BROCCOLI £4
SUMMER SALAD £4

SANDWICHES

SERVED 12-4PM

DORSET HAM £7
Tomato chutney, GF bread
SOMERSET CHEDDAR CHEESE £7 | V
Tomato chutney, GF bread
CORONATION CHICKEN £9
Chicken breast, curry mayonnaise, sweet pickles, GF bread

HOUMOUS £7 | VG
Rocket, pickled red onion, GF bread
HANDPICKED LOCAL CRAB £12
Charmouth bakery bread
PRAWN MARIE ROSE £10
Cocktail prawns, Marie Rose sauce, rocket, GF bread

A DISCRETIONARY OPTIONAL SERVICE CHARGE OF 12.5% WILL BE ADDED TO TABLES OF 6 OR MORE. ALL OF THE ABOVE PRICES ARE INCLUSIVE OF VAT. PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES OR REQUIRE INFORMATION ON INGREDIENTS USED IN OUR DISHES/DRINKS.
FOOD SERVED 12-4PM & 5PM-8PM. ALL BURGERS ARE COOKED TO MEDIUM. V=VEGETARIAN, VG=VEGAN.