

GLUTEN FREE

PLEASE SPECIFY GLUTEN FREE WHEN YOU ORDER
as some dishes are variations of main menu items

BRUNCH *Served all day* All our eggs are free-range

GF Lounge Breakfast 8.95

Smoked back bacon, gluten free Cumberland sausage, hash browns, baked beans, slow-roasted tomato, button mushrooms, fried egg and a toasted gluten free roll

GF Veggie Breakfast v 8.95

Cheddar & sweetcorn fritters, greens & peppers, hash browns, baked beans, slow-roasted tomato, button mushrooms, fried egg and a toasted gluten free roll

GF Big Lounge Breakfast 12.95

Smoked back bacon, gluten free Cumberland sausages, hash browns, baked beans, slow-roasted tomatoes, button mushrooms, two fried eggs and a toasted gluten free roll

GF Big Veggie Breakfast v 12.95

AB's veggie sausage, cheddar & sweetcorn fritters, greens & peppers, hash browns, baked beans, slow-roasted tomatoes, button mushrooms, two fried eggs and a toasted gluten free roll

GF Frank's Ham Hock Hash 8.95

Pulled ham hock, fried potatoes, two poached eggs, hollandaise, flame-roasted peppers, fried red onion, spring greens and Frank's hot sauce

GF Lounge Eggs

Two poached eggs served with hollandaise on a toasted gluten free roll with...

- Smoked Back Bacon 7.75
- Chorizo, Peppers & Button Mushrooms v 7.75
- Wilted Spinach v 7.75
- Guacamole 7.95
- Smoked Salmon 9.95

GF Spinach & Feta Shakshuka v 8.95

Two poached eggs in a lightly spiced Mediterranean tomato & red pepper sauce with spinach and feta, served with a toasted gluten free roll
Add chorizo 1.65

GF Avocado Brunch v 8.95

with lime, chilli, coriander and tomato on a toasted gluten free roll, topped with a poached egg

GF Breakfast Muffin 6.25

Gluten free Cumberland sausage, smoked back bacon and a fried egg on a toasted gluten free roll

GF Bacon or Sausage Butty 4.95

Smoked bacon or gluten free Cumberland sausage on a gluten free roll

Rise & shine!



BREAKFAST CLUB

Mon-Fri until 12pm

Lounge or Veggie Breakfast with a nice pot of tea or filter coffee 8.95

v vegetarian

SANDWICHES

Served with house slaw

Add fries 1.75 Add sweet potato fries 2.75

GF Twisted Chicken Club Sandwich 8.95

Buttermilk fried chicken, smoked streaky bacon, mature cheddar, guacamole, tomato, spinach and chipotle mayo in a gluten free roll

GF Falafel & Avocado Sandwich v 8.75

with hummus, guacamole, pickled red onion slaw and roasted red pepper sauce

Add halloumi v 1.95

SALADS & BOWLS

GF Mexican Superbowl v 8.75

Black beans, guacamole, roasted sweet potato with pomegranate molasses, spicy chipotle rice, wild rocket and tomato & chilli salsa

Add chorizo or halloumi v 2.75

GF Butternut Squash & Falafel Salad v 9.75

with quinoa & lentils, mixed leaves, flame-roasted peppers, avocado, red onion, cherry tomatoes, hummus, harissa and pomegranate seeds

Add halloumi v or spicy herb chicken 2.75

GF Chicken, Bacon & Avocado Salad 9.75

Grilled herb-marinated chicken, smoked streaky bacon, avocado, red onion, mixed leaves and cherry tomatoes, topped with toasted seeds, parmesan and Caesar dressing

GF Salmon Rainbow Bowl 10.25

Hot smoked salmon, tenderstem broccoli, avocado, quinoa & lentils, mint, shredded rainbow slaw, mixed leaves, red onion, cherry tomatoes and sesame seeds, with a ginger & teriyaki dressing

SOUP OF THE DAY

with a gluten free roll and butter 5.20



MAINS

GF Buttermilk Fried Chicken 9.95

Lightly spiced crumbed chicken breast served with chipotle mayo, house slaw and fries

GF Bombay Sweet Potato & Lentil Curry v 9.95

Spiced coconut curry sauce with roasted sweet potatoes, lentils and fried potatoes served with lime & coriander rice, spring onion and red chilli

GF Pulled Brisket Chilli 10.50

Slow-cooked chipotle beef brisket, black beans and mature cheddar served with spicy rice, spring onion, red chilli and sour cream

Add jalapeños 90p

GF Steak Frites 16.95

8oz 28-day aged sirloin steak with garlic butter, a wild rocket & parmesan salad and fries

BURGERS

Served in a gluten free bun with house slaw & fries or salad

Upgrade to sweet potato fries 1.00

GF Lounge Burger 10.25

6oz beef patty, lettuce, tomato, red onion, gherkin and burger sauce

GF Lounge Bacon Cheeseburger 11.95

6oz beef patty, lettuce, tomato, red onion, gherkin, American cheese, smoked streaky bacon and burger sauce

GF NYC Deli Burger 13.95

6oz beef patty, rocket, tomato, pickled red onion, pulled brisket chilli, pastrami, gherkin, mozzarella, peppercorn & mustard mayo and basil pesto

GF Buffalo Chicken Burger 10.95

Buttermilk fried chicken, smoked streaky bacon, blue cheese mayo, lettuce, tomato, red onion, American cheese and hot pepper ketchup

GF Halloumi Burger v 9.95

Crispy crumbed halloumi, flame-roasted peppers, lettuce, tomato, red onion, hummus, harissa and garlic & mint yoghurt Add spicy herb chicken 2.75

GF Chicken, Bacon & Avocado Burger 11.50

Grilled herb-marinated chicken, smoked streaky bacon, avocado, red onion, tomato, lettuce, roasted garlic mayo and burger sauce

GF Beyond Cheese Burger v 12.95

Plant-based burger patty from Beyond Meat, with lettuce, tomato, pickled red onion, vegan smoked gouda cheese and chipotle mayo

GF Ultimate Chicken Burger 12.75

Buttermilk fried chicken, smoked streaky bacon, American cheese, fried red onion, rocket, tomato, roasted garlic mayo and two hash browns with barbecue sauce

CHEEKY MONDAYS

From 5pm

Buy any burger or main and get a glass (175ml) of house wine* or any pudding for free!

*other drink options available

SIDES

Fries v 2.50 with cheese v 3.10

Sweet Potato Fries v 3.50

Spicy Veggie Rice v 2.95 with red onion and peppers

House Salad v 2.95 with wild rocket, cherry tomatoes, red onion, lettuce and avocado

House Slaw v 2.65

GF Roll v 1.65

Halloumi Sticks v 4.25 with chipotle chilli jam

Harissa Spring Greens v 2.95 with roasted peppers and toasted seeds

Tenderstem Broccoli v 2.95 with red chilli & garlic

TAPAS

SINGLE PLATE 4.25

TAPAS BOARD 11.95

Your choice of 3, served with gluten free bread

GF Patatas Bravas v

with roasted garlic mayo

GF Hummus v

with extra virgin olive oil and sumac, served with gluten free bread

GF Feta & Supergrain Bowl v

with pomegranate seeds and sumac

GF Mini Pulled Brisket Chilli

with mature cheddar, sour cream, spring onion, red chilli and coriander

GF Cheddar & Sweetcorn Fritters v

with chipotle chilli jam

GF Guacamole v

with tomato, coriander & chilli salsa, toasted seeds and spicy tortilla chips

GF Sticky Asian Chicken Wings

with sesame dressing, chives and spring onion

GF Frank's Fiery Chicken Wings

with Frank's Hot Sauce, red chilli and spring onion

TAPAS TUESDAYS

From 5pm

3 tapas dishes and a glass (175ml) of house wine* 11.95

*other drink options available

EXTRAS...

- Fried or Poached Egg v 95p
- Smoked Back or Streaky Bacon 1.95
- Avocado v 2.25
- Herb-Marinated Chicken 2.75
- Feta v 1.65
- Spinach v 1.10
- Halloumi v 1.95
- Falafel v 1.95
- Button Mushrooms v 1.65
- GF Roll v 1.65
- Hash Browns v 1.10
- Cheddar & Sweetcorn Fritters v 2.25
- GF Cumberland Sausage 1.65
- Chorizo 1.65
- American Cheese v 90p
- Buttermilk Fried Chicken 2.75
- Guacamole v 90p
- Mature Cheddar v 90p
- Fried Red Onion v 70p
- AB's Veggie Sausage v 1.95
- Pastrami 1.95

ALLERGIES

If you have an allergy please let us know and our manager will take your order personally.

Our Allergen Matrix is available on our website and can be accessed through the QR code on your table. It shows which of the 14 legally declarable allergens are contained in every dish on our menu. Because our recipes sometimes change it is important you let us know about any allergies every time you order. Though we recommend that you check the Matrix yourself our team will always be happy to advise, particularly if your allergy is not covered.

We have strict procedures in place for taking and preparing allergen orders but you should be aware that allergenic ingredients are present on our premises and those of our suppliers.

Despite the significant efforts we go to, we cannot eliminate the risk of cross contamination and therefore cannot guarantee any of our dishes are 100% free of allergens.



FROM OUR LOUNGE TO YOUR LOUNGE...

Our menu is now available to takeaway