

# Gluten Free Options

All the meals below can be adjusted for gluten free diets.

- Soup of the day
- Soup and sandwich meal deal
- Aztec hot wings
- Garlic mushroom served on toasted gluten free bread
- Gluten free sandwiches and toasties (all fillings, swap grated cheese to Monterey Jack cheese)
- Jacket potatoes & loaded skins (all toppings)
- Nachos Dippers (all toppings)
- Mussels
- Garlic king prawns
- Chicken fillet burger and Cajun chicken burger without the bun
- House salad, chicken & pineapple salad and roasted fennel salad
- Falafel stack
- Veggie burger without the bun
- Chilli beef served with wild rice
- Mediterranean Vegetable chilli
- Sirloin or Rib-eye steaks without onion rings
- Chicken skewers
- Hunters chicken
- Lemon Sole
- Salmon fillet
- Five beans and spinach curry and rice

## **Kids meals:**

- Beef burger served with jacket potato and peas or beans
- Cheeseburger served with jacket potato and peas or beans
- Ham, cheese and tomato sandwich

## **Sides:**

- Rustic fries
- Gluten free garlic bread slices
- Gluten free cheesy garlic bread slices
- Beans and peas

---

Please make our staff aware you are ordering a gluten free meal when paying.