

# Non-Gluten Menu

## Grazing & Sharing

- ROASTED & SALTED CASHEWS** ④ 466kcal 4.00
- NOCELLARA GREEN OLIVES** ④ 162kcal 4.00  
Maldon sea salt
- CARAMELISED CHILLI HONEY NUTS** ④ 670kcal 4.25  
Cashews, pecans, pistachios
- SPICED HUMMUS** ④ 287kcal 4.50  
Non-gluten bread, extra virgin olive oil, pomegranate seeds, coriander cress
- BAKED CAMEBERT** ④ 951kcal 12.50  
Pistachios, apricots, chilli infused honey, extra virgin olive oil, non-gluten bread

## Small Plates

4 FOR £25, 6 FOR £35 OR £7 EACH

- CURRIED CAULIFLOWER WINGS** ④ 631kcal 6.00  
Madras batter, mango relish, chilli flakes, spring onion
- HALLOUMI FRIES** ④ 826kcal 6.00  
Tracklements chilli jam, garlic and parsley mayonnaise, pomegranate seeds
- TEMPURA PADRON PEPPERS** ④ 343kcal 6.00  
Maldon sea salt, smoky chipotle mayonnaise
- ROAST CHORIZO** 555kcal 6.00  
Red wine, chilli infused honey, non-gluten bread, coriander cress
- KING PRAWNS PIL PIL** 847kcal 6.00  
Chilli, garlic and parsley butter, non-gluten bread
- DRY CURED PORK COPPA** 702kcal 6.00  
Gran Moravia cheese, sunblushed tomatoes, rocket, extra virgin olive oil, non-gluten bread
- TORCHED ROSARY GOAT'S CHEESE** ④ 342kcal 6.00  
Non-gluten crouton, candied orange, pomegranate seeds, extra virgin olive oil, coriander cress

## Mains & Burgers

- KALE CAESAR** ④ 369kcal 10.95  
Baby spinach, sunblushed tomatoes, Gran Moravia cheese, soft-boiled free range egg
- add grilled halloumi 2.75 499kcal, chargrilled chicken 3.25 237kcal, grilled prawns 3.75 201kcal, salmon fillet 5.75 346kcal*
- GRILLED SALMON** 767kcal 15.25  
Fennel, cucumber and Jersey Royal salad, red chillies, grilled lemon, sour cream dressing, flat leaf parsley, mint, pomegranate seeds
- CHIMICHURRI SHREDDED CHICKEN RICE BOWL** 1013kcal 13.95  
Brown rice, kale, paprika chickpeas, baby spinach, fennel, flat leaf parsley, seeded avocado, pomegranate seeds, sour cream dressing, grilled lemon
- 28 DAY AGED SIRLOIN STEAK** 1514kcal 17.95  
Chargrilled 8oz sirloin steak, triple-cooked chips, slow roasted beef tomato, flat mushroom, peppercorn sauce, dressed house salad
- WAGYU BURGER** 1398kcal 14.50  
Non-gluten seeded bun, beef tomato, gem lettuce, pickled gherkins, burger sauce, triple-cooked chips
- add Barber's vintage Cheddar 351kcal, Emmental cheese 73kcal, smoked streaky bacon 156kcal 1.50 each*

## Sandwiches

- 4.00 SERVED MON-SAT UNTIL 5PM
- 4.00 SERVED ON NON-GLUTEN BREAD WITH A MUG OF TRIPLE-COOKED CHIPS 580kcal OR A DRESSED HOUSE SALAD 128kcal  
*swap fries to sweet potato fries 649kcal 1.50*
- 4.25 **AHT SANDWICH** ④ 671kcal 8.50  
Avocado, halloumi, tomato, dill oil, Tracklements onion marmalade
- 4.50 **CBLT SANDWICH** 527kcal 8.50  
Chargrilled chicken breast, smoked streaky bacon, beef tomato, gem lettuce, mayonnaise
- 12.50 **STEAK SANDWICH** 402kcal 8.95  
4oz sirloin steak, Tracklements onion marmalade, gem lettuce, horseradish

## Sides

- TRIPLE-COOKED CHIPS** ④ 580kcal 3.45
- SWEET POTATO FRIES** ④ 649kcal 3.95
- KIMCHI 'SLAW** ④ 15kcal 1.95
- HOUSE SALAD** ④ 128kcal 2.75  
Gem lettuce, baby spinach, diced cucumber and beef tomato, red onion, red peppers, grated carrot, lemon and extra virgin olive oil dressing

## Desserts 6.00

- WARM CHOCOLATE BROWNIE** ④ 829kcal 6.00  
Salted caramel, vanilla pod ice cream, chocolate sauce
- AFFOGATO** ④ 642kcal 6.00  
Vanilla pod ice cream, espresso, chocolate sauce
- CAMBRIDGE BURNT CREAM** ④ 550kcal 6.00  
Caramelised sugar, chilli infused honey roasted pecans

### MINI DESSERT & COFFEE 4.75

Cambridge burnt cream ④ 274kcal, warm chocolate brownie ④ 310kcal, affogato ④ 220kcal

## Sunday Roasts

- SERVED SUNDAYS ONLY - ALL FRESHLY PREPARED AND SERVED WITH ROAST POTATOES, SEASONAL VEGETABLES AND ROAST GRAVY
- TOPSIDE BEEF** 1105kcal 17.25
- HALF ROAST CHICKEN** 1058kcal 15.25
- SWEET POTATO & CHESTNUT** ④ 1192kcal 13.25
- SIDES**
- Cauliflower Cheese ④ 319kcal 2.75

④ Suitable for vegetarians. ④ Suitable for vegans. Fish and poultry dishes may contain bones. All weights are approximate prior to cooking. All items are subject to availability. Adults need around 2000 kcal a day. **Allergen Information.** If you have any allergies or dietary requirements, please speak to our team for more information. Our kitchens contain many ingredients and so we cannot guarantee the total absence of nuts, gluten, or other allergens. Our fryers are used to cook different products so we cannot guarantee total absence of animal products or allergens. A full list of allergens in each dish is available for your peace of mind. **All prices include VAT. Service is not included.** All tips are retained by the grateful team.