

GLUTEN FREE MENU STARTERS

CHEESE NACHOS (VGO, VE, GF) <i>Smashed avocado, jalapeños, five bean salad, red onion, roast peppers, cheddar or vegan cheese & tomato salsa</i>	£7.45
Add beef (GF) or vegan chilli (VE, VG)	£2.00
Add breaded vegan chicken (VE, VG)	£3.00
Add Korean BBQ Brisket	£3.00
GRILLED KING PRAWNS	£9.45
CHIMICHURRI (GF) <i>Succulent king prawns in a parsley, garlic, olive oil & red wine vinegar sauce, with pickled cabbage & sourdough bread</i>	
HALLOUMI FRIES (VE, GF) <i>Sour cream & chive dip</i>	£7.95

MAINS

PAN SEARED DUCK BREAST (GF) <i>Parsley mash, blackberry jus, seasonal veg and crispy kale</i>	£19.45
HAND BATTERED HADDOCK (GF) (SM)	£17.95
<i>Garden peas, salad, charred lemon & chips</i>	
GRILLED FILLET OF SEABASS (GF)	£19.45
<i>Parsley mash, green vegetables & creamy Vermouth sauce</i>	
BEEF CHILLI BOWL (GF) (SM)	£16.45
<i>Spring onion rice, tortilla chips, salsa, sour cream & cheese</i>	
ROASTED CAJUN SPICED ROOT VEGETABLES , RED PEPPER & AVOCADO SALAD (GF)(VE)(VG)	£12.95
Add breaded vegan chicken (VE, VG)	£3.00
CHICKEN GOUJONS (SM)(GF)	£15.95
<i>Battered strips of chicken breast, chips, salad & coleslaw</i>	
<i>Choose from BBQ, maple & sesame, sweet chilli, garlic mayo or BBQ Korean sauce</i>	
VEGETARIAN STIR FRY (SM)(VG)(GF)	£13.95
<i>Roast vegetables wok fried in our famous maple & sesame sauce with spring onion rice</i>	
THE BIG FOURMILER BURGER (GFO)	£19.50
<i>2 beef burgers with bacon, bbq sauce & cheese, Chips, tomato, lettuce & burger sauce</i>	
CLASSIC BEEF BURGER (GFO)	£13.75
<i>From our local butcher Dennis Paterson</i>	
<i>Chips, tomato, lettuce & burger sauce</i>	
KING PRAWN CHIMICHURRI (GF)	£17.95
<i>Succulent king prawns in a parsley, garlic, chillis, olive oil & red wine vinegar sauce.</i>	
PRAWN MARIE ROSE SALAD (GF)	£15.95
<i>North Sea prawns bound in a tangy Marie Rose sauce on a bed of lettuce with cherry tomatoes & avocado</i>	

VEGETARIAN/VEGAN MENU STARTERS

CHEESE NACHOS (VGO, VE, GF) <i>Smashed avocado, jalapeños, five bean salad, red onion, roast peppers, cheddar or vegan cheese & tomato salsa</i>	£7.45
Add vegan chilli	£2.00
Add breaded vegan chicken	£3.00
ITALIAN BRUSCHETTA (VE)	£7.95
<i>On toasted sourdough with parmesan shavings & a balsamic glaze</i>	
HALLOUMI FRIES (VE, GF) <i>Sour cream & chive dip</i>	£7.95

MAINS

MAC 'N' CHEESE (SM, VE)	£13.95
<i>Our mac 'n' cheese served with chips</i>	
VEGETARIAN STIR FRY (SM)(VG)(GF)	£13.95
<i>Roast vegetables wok fried in our famous maple & sesame sauce with spring onion rice</i>	
BREADED KATSU QUORN CURRY (VE,VG)	£17.95
<i>Breaded vegan chicken, spring onion rice, pickled cabbage & coconut shavings.</i>	
VEGAN CHILLI BOWL (SM, VE, VG)	£13.45
<i>Spring onion rice, tortilla chips, salsa, & vegan cheese</i>	
PLANT BASED BURGER (VE, VG)	£13.75
<i>Chips, tomato, lettuce & burger sauce</i>	
HALLOUMI BURGER (VE,GFO)	£13.50
<i>Chips, tomato, lettuce & burger sauce</i>	
ROASTED CAJUN SPICED ROOT VEGETABLES, RED PEPPER & AVOCADO SALAD (GF)(VE)(VG)	£12.95
Add vegan breaded chicken	£3.00

(VE) = Vegetarian - (VG) = Vegan
(GF) = Gluten free

(GFO) = Gluten free option available

(SM - Smaller plate available at discount of £4)

*All tips are shared equally among all staff on duty.
Tables of 8 or more are subject to discretionary 12.5% service charge.*