

THE BEAR AND RAGGED STAFF

GLUTEN FREE MENU

Deciding

v Gluten-free bread with olive and sun dried tomato tapenades, oil and balsamic 5.00

v Marinated green and black Sicilian olives with garlic, mustard and honey 3.00

Start

v Soup of the day and gluten-free bread with butter 5.95

Chicken Caesar salad 6.50 / 13.00 main

v Watermelon, tomato and berry salad, crème fraiche and Gluten-free pitta bread 5.95

v Fig and walnut salad, maple syrup dressing, beetroot hummus, topped with grilled goats cheese 5.95 / 11.90 main

Mains

Locally sourced 8oz. Ribeye steak, sautéed button mushrooms, grilled beef tomato, gluten-free batter onion rings, triple cooked chips, dressed salad garnish 19.50

Add: peppercorn or creamy blue cheese sauce 2.50

Grilled gammon with 2 free range fried eggs, triple cooked chips and dressed salad garnish 12.50

Slow braised belly pork. BBQ Jack Daniels sticky sauce, bubble and squeak and tender stem broccoli 14.50

Chef's Curries of the day, Basmati rice, gluten-free naan 12.95

continued overleaf

Mains continued

Pan roast hake, Mediterranean vegetables, crushed new potatoes, finished with herbs and lime juice 14.95

Gluten-free batter deep fried haddock and triple cooked chips with mushy peas and lemon 12.95

v Halloumi stir fry. Sweet gluten-free soy and ginger sauce with a kick, sticky Jasmin rice 12.50

v Wild mushroom and Worcestershire Gold cheese omelette. Truffle oil, rosemary infused French fries, salad garnish 12.50

Bear Burgers

Your choice of burger with tomato, lettuce and red onion marmalade in a gluten-free bun, served with salad garnish and triple cooked chips 11.50

Choose: Home-made Beef Burger

v Sultana and coriander onion bhaji burger

Add: Bacon .50p Hobsons ale & wholegrain mustard Cheddar .50p

All main courses are served as complete dishes

Additional sides available 3.00

Triple cooked Chips

New potatoes

Garden peas

GF Onion rings

Mixed salad

Sugar snap peas

Tender stem broccoli

Allergies and food intolerances:

Please discuss your individual requirements with us before ordering.

Gluten-free menus are also available.