NON GLUTEN MENU

Each of the dishes on this menu have been created to cater for those who require a non gluten diet. However we cannot guarantee that our dishes are 100% free of gluten due to the risk of cross contamination. This includes items that are cooked in our deep fat fryers, where ingredients that include gluten have also been cooked.

DF Dairy Free **VG** Vegan **V** Vegetarian If you have any special dietary requirements, please request our allergen information.

NIBBLES

Baked kale crisps with apple cider vinegar and sea salt 2.50 DF / VG Charred edamame beans with chilli, garlic and sesame oil 3.95 DF / VG Salt and pepper pork crackling served with smoky apple ketchup 3.95 DF

Salt and pepper onion petals with crème fraîche 3.95 V Nocellara olives marinated in smoked paprika and garlic 3.25 DF / VG

STARTERS

Rotisserie chicken wings coated in our Scotch bonnet hot sauce and served with blue cheese dip 6.75

THE BOTANIST DELI BOARD

11.50

Select four items from any of the categories below; all served with crudités. Add an extra item for 3.25 each.

CHILLED FAVOURITES

Smoky Nocellara olives DF / VG

Buttermilk coleslaw V

Curried houmous with spiced onions DF / VG Spring green salad DF / VG

Roast sweet potato quinoa

HOT POTS

Polenta and halloumi chips with harissa jam MEAT & FISH Smoked mackerel pâté Prosciutto DF Salt brisket of beef with gherkin

 $C \mathrel{H} E \mathrel{E} S \mathrel{E}$

Shorrocks 2 year aged Lancashire Long Clawson Stilton V Camembert stuffed with sun-dried tomatoes Red Storm vintage Red Leicester V

NON GLUTEN MENU

OUR FAMOUS HANGING KEBABS™

The following kebabs are sopped with sweet chilli and ginger

Chicken served with properly seasoned chips and garlic butter 11.95

Salt and pepper pork belly served with properly seasoned chips 12.95 DF

FROM THE ROTISSERIE

Red Tractor-assured half chicken marinated in smoked cajun spices, served with Scotch bonnet hot sauce and properly seasoned chips 11.50

FROM THE GRILL

10oz garlic and rosemary rump steak served on a salad of sun-dried tomato, fresh rocket, balsamic and shaved Grana Padano 13 95

Malaysian vegetable curry served with coconut rice

9.95 DF / VG

Add chicken 2.00 DF Add prawns 3.00 DF

Pan-fried seabass fillets served with roast sweet potato quinoa, tenderstem broccoli and dressed with citrus and pomegranate dressing 14.95 DF

Paella with chicken thighs, king prawn and chorizo 12.50 DF

SALADS

Salt and pepper crispy beef with spiralised vegetables, soya beans, cucumber and sesame seeds DF

Small 6.50 Large 10.95

Pan-fried garlic prawns with kale, sugar snap peas, red onion, crushed peanuts and a coriander and mint yoghurt

Small 6.95 Large 11.95

Chargrilled romesco chicken with spring green salad, goat's cheese and balsamic

Small 6.50 Large 10.95

Roast sweet potato quinoa salad with grilled tenderstem broccoli, harissa-spiced aubergine and a lemon tahini dressing DF / VG

Small 5.95 Large 9.95

Properly seasoned chips 3.25 DF / VG

Sweet potato fries with fajita salt 4.25 VG

Sautéed spring green vegetables 3.50 DF / VG Roast tiny tot potatoes with garlic, rosemary and sea salt 3.25 DF / VG

DESSERTS

SIDES

Bitter chocolate and roasted pineapple pot with raspberry sorbet 5.75 DF / VG

Ice cream selection 4.50 V

MAINS