

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
4.25 **DF / VG**

Salt and pepper pork crackling
served with smoky apple ketchup
4.25 **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
6.95

THE BOTANIST DELI BOARD

11.75

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

CHEESE

Shorrocks 2 year aged Lancashire

Long Clawson Stilton **V**

Camembert stuffed with sun-dried tomatoes

Red Storm vintage Red Leicester **V**

- Please turn over -

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

11.75

FROM THE GRILL

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

14.50

MAINS

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

12.75 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

SIDES

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

Bitter chocolate and roasted pineapple pot

with raspberry sorbet
5.95 DF / VG

Ice cream selection

4.75 V