

# NON-GLUTEN MENU

## BAR SNACKS AND SHARERS

### **Padron peppers (ve) ~ £3.75**

Roasted with Maldon sea salt.

### **Baked in the box Camembert (v)**

~ £7.25

Toasted non-gluten bread and Traclements onion marmalade

### **Smoked mixed nuts (ve) ~ £3.25**

### **Marinated mixed olives (ve) ~ £3.00**

### **Baba ganoush & hummus plate (v)** ~ £8.95

Traditional hummus, smoked paprika, homemade baba ganoush, baby vegetables and seeded non-gluten roll.

## SMALL PLATES

Three for £14.50 five for £22.50

### **Griddled halloumi cheese (v)**

~ £5.95

Roasted vegetables, balsamic, garlic, olive oil, rocket and herb dressing.

### **Hummus (v) ~ £5.25**

Smoked paprika, baby vegetables and seeded non-gluten roll.

### **Sweet potato falafels (v) ~ £5.95**

Sour cream, coriander.

### **Marinated chicken thigh skewers**

~ £6.25

Red pepper and chilli marinade, rocket and pomegranate.

### **Devilled king prawns ~ £5.65**

Guacamole and Sriracha hot sauce.

## MAIN PLATES

### **Sweet potato & butterbean stew (v) ~ £10.25**

Sweet potato falafels, baked seeded non-gluten roll

### **Courgetti (ve) ~ £9.25**

Butternut squash, herb oil, lemon, pomegranate seeds and baby spinach.

### **Roast seabass ~ £11.95**

Quinoa stir-fry, herb oil, lemon.

### **Peri peri chicken ~ £10.50**

Marinated half chicken on the bone, sea salted fries and slaw.

### **Prosecco & courgette risotto (v)** ~ £8.95

Olive oil, toasted seeds, rocket, Gran Moravia hard cheese crisp.

*~Add poached chicken / grilled prawns / griddled halloumi for £3.00*

### **28 day aged grass-fed 8oz sirloin steak ~ £15.95**

Sea salted fries, creamed spinach, beef tomato and flat mushroom.

*~Add peppercorn sauce £1.00*

## OUR SIGNATURE BURGERS

*Served in a seeded non-gluten roll with salad, burger sauce and sea salted fries.*

### **Beef ~ £10.50**

### **Chicken breast ~ £9.95**

*~ Add cheese and bacon £1.00 each*

### **Sweet potato and halloumi stack (v)**

~ £9.45

## BRUNCH

AVAILABLE MONDAY – FRIDAY 12-5PM,  
SATURDAY AND SUNDAY UNTIL 2PM

### Halloumi breakfast (v) ~ £8.95

Grilled halloumi, poached egg, potato rösti, flat mushroom, beef tomato and hollandaise sauce.

### Eggs Royale ~ £6.95

Poached eggs on a toasted non-gluten roll topped with smoked salmon and hollandaise sauce.

### Eggs Benedict ~ £6.75

Poached eggs on a toasted seeded non-gluten roll topped with smoked streaky bacon and hollandaise sauce.

### Eggs Florentine (v) ~ £6.50

Poached eggs on a toasted seeded non-gluten roll topped with baby spinach and hollandaise sauce.

### Bacon sandwich ~ £3.50

Sliced non-gluten bread.

### Smoked salmon and scrambled eggs ~ £7.95

Chives, black pepper and lemon.

### Chorizo hash ~ £6.25

Red peppers, onion, fried potato, 2 poached eggs and Sriracha sauce.

~ *All our eggs are free range*

## LUNCH

AVAILABLE MONDAY TO FRIDAY 12-5PM  
*With a mug of sea salted fries or house salad*

### AHT sandwich (v) ~ £8.00

Avocado, halloumi, tomato, herb oil and Tracklements onion marmalade.

### Chicken and bacon club ~ £8.00

Triple layered non-gluten bread sandwich, soft boiled egg, tomato, gem lettuce and mayonnaise.

### Steak sandwich ~ £8.00

Sliced non-gluten bread, Tracklements onion marmalade, rocket and horseradish.

### Reuben sandwich ~ £8.00

Toasted non-gluten bread, pastrami, sauerkraut, Emmental cheese and mustard mayonnaise.

## DESSERTS

### Warm chocolate brownie (v) ~ £4.95

Vanilla ice cream and chocolate sauce.

### Treacle sponge (v) ~ £4.95

Vanilla custard.

## SIDES

### Fries or chunky chips (v) ~ £3.25

Sriracha mayo.

### House salad (ve) ~ £2.00

Tomato, cucumber, baby spinach, red pepper, red onion and mixed grains.

(v) suitable for vegetarians. (ve) suitable for vegans. Fish and poultry dishes may contain bones.

All weights are approximate prior to cooking. All items are subject to availability.

ALLERGEN INFORMATION. If you have any allergies or dietary requirements please speak to our team for more information. Our kitchens contain many ingredients so we cannot guarantee the total absence of nuts, gluten or other allergens. A full list of allergens in each dish is available for your peace of mind. All prices include V.A.T.

Service is not included.

Our grateful team receive 100% of your tips, with all associated transaction fees paid by McMullen and Sons.

 Find our bar on Facebook Book online @ [www.baroosh.co.uk](http://www.baroosh.co.uk)