

# NON-GLUTEN MENU

## BAR SNACKS AND SHARERS

### **Padron peppers (ve) ~ £3.95**

Roasted with Maldon sea salt.

### **Garlic & herb marinated mixed**

**olives (ve)**  
~ £3.25

### **Mixed non-gluten breads (v)**

~ £2.95

Mixed breads, olive oil and balsamic vinegar.

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

~ £10.95

Infused with rosemary and garlic, olive oil, toasted non-gluten bread and Tracklements™ onion marmalade.

## SMALL PLATES

Three for £15, four for £20, five for £25

### **Roasted beetroot & spiced fennel salad (ve) ~ £5.65**

Rocket, gem lettuce, pomegranate seeds, toasted pine nuts and pomegranate & balsamic dressing.

### **Halloumi fries (v) ~ £5.95**

Paprika coated and sweet chilli sauce.

### **Hummus Duo (ve) ~ £5.95**

Traditional hummus, beetroot and apple hummus, olive oil and seeded non-gluten roll.

### **Marinated chicken thigh skewers**

~ £6.25

Chilli & tomato marinade, rocket and pomegranate seeds.

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

Smoky chipotle dipping sauce and coriander.

## MAIN PLATES

### **Salmon Niçoise ~ £11.95**

New potatoes, green beans, gem lettuce, soft-boiled egg, olive oil, Kalamata olives, red onion, sun-blushed tomatoes and French dressing.

### **British cured gammon steak**

~ £10.25

Chargrilled 5oz gammon, free range fried egg, triple cooked chips, beef tomato and flat mushroom.

~ Add an extra 5oz gammon for £3.45

### **Roasted beetroot & spiced fennel salad (ve) ~ £9.65**

Rocket, gem lettuce, pomegranate seeds, toasted pine nuts and pomegranate & balsamic dressing.

~ Add poached chicken / grilled prawns / griddled halloumi for £3.25

~ Swap fries to sweet potato fries for £1.25

### **Seabass fillets ~ £11.95**

En papillote with fennel, lemon, capers, green beans, herb oil and buttered new potatoes.

### **Roast harissa aubergine (ve) ~ £9.95**

Roasted red pepper, courgette, rosemary, thyme, parsley, rocket, gem lettuce, lemon, pomegranate seeds and toasted pine nuts.

### **28 day aged grass-fed 8oz sirloin steak ~ £16.95**

Sea salted fries, beef tomato and flat mushroom.

~ Add peppercorn sauce £1.25

## OUR SIGNATURE BURGERS

Served in a seeded non-gluten roll with gem lettuce, beef tomato, pickled gherkins, burger sauce and sea salted fries.

### **Beef ~ £10.95**

### **Chicken breast ~ £10.50**

~ Add cheese and bacon £1.50 each

### **Sweet potato and halloumi stack (v) ~ £9.95**

~ Swap fries to sweet potato fries for £1.25

## BRUNCH

### 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 ~ £6.95

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

### Bacon sandwich ~ £3.75

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

*With a mug of sea salted fries or house salad*

*All £8.25*

### All day breakfast roll ~ £8.25

Smoked streaky bacon, flat mushroom and free range fried egg in a seeded non-gluten roll.

### AHT sandwich (v) ~ £8.25

Sliced non-gluten bread, avocado, halloumi, tomato, herb oil and Traclements™ onion marmalade.

### Steak sandwich ~ £8.25

Sliced non-gluten bread, 4oz Sirloin steak, Traclements™ onion marmalade, rocket and horseradish.

### CBLT sandwich ~ £8.25

Sliced non-gluten bread, chargrilled chicken breast, smoked streaky bacon, beef tomato, gem lettuce and mayonnaise.

## DESSERTS

### Fresh berry salad (ve) ~ £4.95

Blueberries, raspberries, strawberries, green apple sorbet and raspberry coulis.

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

Vanilla pod ice cream and chocolate sauce.

## SIDES

### Fries or triple cooked chips (ve) ~ £3.50

### Sweet potato fries (ve) ~ £3.75

### Roasted spiced vegetables (ve) ~ £3.35

Courgettes, red peppers, fennel and aubergine.

### House salad (ve) ~ £2.50

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)