

## OUR GLUTEN-FREE & DAIRY-FREE DISHES

Please use this in conjunction with the à la carte menu to help you to choose dishes that best suit your dietary requirements.

### NIBBLES

- RUSTICA OLIVES (gf) (df) 125kcal  
BAGUETTE (gf) with gluten-free bread 432kcal | (df) without butter 113kcal  
BAGUETTE with DIPS (gf) (df) with gluten-free bread 610kcal

### STARTERS

- HERITAGE TOMATO SALAD (gf) (df) 143kcal  
POTTED DEVON CRAB with AVOCADO GUACAMOLE (gf) with gluten-free bread 383kcal  
CHICKEN LIVER PARFAIT (gf) with gluten-free bread 602kcal  
MOROCCAN MEZZE PLATTER (df) 510kcal  
MORTEAU SAUSAGE & POTATO SALAD (df) (may contain gluten) 615kcal  
PEA & BROAD BEAN SALAD (df) (may contain gluten) 287kcal  
GRILLED SQUID with CHILLI & GINGER (gf) (df) 340kcal  
FRESHWATER TROUT GRAVADLAX (gf) 157kcal | (df) without crème fraîche  
ESCARGOTS (gf) with gluten-free bread 351kcal

### MAINS

- PAN-FRIED CHICKEN with MORELS (gf) 615kcal  
RAINBOW BEETROOT SALAD (df) with vegan crème fraîche 464kcal | (gf) without croutons 361kcal  
ROAST BUTTERNUT SQUASH (df) without feta 998kcal  
HOMEMADE FISHCAKE with FREE-RANGE POACHED EGG (gf) (df) 663kcal  
DUCK LEG CONFIT with CITRUS SAUCE (gf) 1337kcal  
SMOKED PORK BELLY with RHUBARB (may contain gluten) 1019kcal | (df) without pork jus  
AUBREY ALLEN STEAKS with French fries, green salad & tomato (may contain gluten)  
Sauces: Café de Paris 140kcal, Béarnaise 223kcal, Roquefort 130kcal & peppercorn 43kcal (gf)  
GRILLED TROUT FILLET with TOMATO HOLLANDAISE (may contain gluten) 792kcal  
MOROCCAN MEZZE PLATTER (df) 794kcal  
GRILLED SQUID with CHILLI & GINGER (gf) (df) 427kcal  
MALABAR FISH CURRY with TOASTED COCONUT (df) (may contain gluten) 613kcal

### SIDES

- FRENCH FRIES (df) (may contain gluten) 377kcal  
FRENCH BEANS (gf) 178kcal  
SWEET POTATO FRIES (df) (may contain gluten) 399kcal  
MINTED NEW POTATOES (gf) 136kcal  
MIXED LEAF SALAD (gf) (df) 11kcal  
HOUSE COLESLAW (df) (may contain gluten) 153kcal  
MIXED GREENS (gf) (df) 94kcal

### DESSERTS

- CHOCOLATE FONDANT (gf) 617kcal  
MANGO & PINEAPPLE CRUMBLE (df) 391kcal | (gf) without coconut flakes 292kcal  
JUDE'S ICE CREAM & SORBETS (gf) without Gavotte biscuit



SCAN FOR ALLERGENS

(gf) gluten-free (df) dairy-free

Where dish is shown as MAY CONTAIN GLUTEN, whilst we do not use gluten in these dishes, they contain ingredients from third party suppliers who state that they are made in a factory that also handles gluten products.

Some of our dishes may contain olive stones, date stone or fish bones. Adults need around 2000kcal per day.

**ALLERGENS:** Please scan the QR code for allergen information or speak to your server. Whilst we have protocols in place to address the risk of cross-contamination of allergens, we cannot guarantee their total absence in our food & drink.

