

SUMMER MENU

MONDAY - SATURDAY
PROUDLY 100% GLUTEN FREE
12-3pm / 6-9pm

NIBBLES

**PEA & MINT
CROQUETTES**
Curry Sauce
£6 (Gf, Vg)

**NUT
SELECTION**
Locally Roasted
£6 (Gf, Vg)

**TEMPURA
PRAWNS**
Sweet Chilli
£7 (Gf)

**HOMEMADE
Gf BREAD**
Local Rapeseed Oil
£4 (V, Gf)

**CHICKEN
WINGS**
Garlic & Herb Dip
£7 (Gf)

**PORK
'PRAWN'
CRACKER**
Apple Sauce
£4 (Gf)

SMALL PLATES

PORK BELLY BITES Homemade BBQ Sauce & Pickled Celery £9 (Gf)

PRAWN COCKTAIL Baby Gem Salad, Cucumber, Our Homemade Gf Bread £9 (Gf)

BEETROOT FALAFEL Avocado Dip, Lemongrass & Thyme Oil £8 (Gf, Vg)

HALLOUMI FRIES Curried Mango Yoghurt, Pumpkin Seeds & Pomegranate £8 (Gf, V)

BAKED CAMEMBERT Red Onion Marmalade, Our Homemade Gf Bread £15 (Gf, V)

PUB CLASSICS

FISH 'N' CHIPS Our Proper Chips, Pea Puree, Lemon, Tartare Sauce (Sustainably Sourced Hake) £18 (Gf)

SCAMPI Garden Peas, Skinny Fries, Lemon, Tartare Sauce £17 (Gf)

HAM, EGGS & CHIPS Butchers Ham, Fried Hen Eggs, Our Homemade Proper Triple Cooked Chips £15 (Gf)

PIE of the DAY Summer Vegetables, Mashed Potato, Proper Gravy £19 (Gf)

CHICKEN CASAER SALAD Baby Gem, Croutons, Bacon, Anchovy, Parmesan £17 (Gf)

COCONUT CURRY Sweet Potato, Squash, Chick Pea, Spinach, Rice, Poppadom, Mango Chutney £16 (Gf, Vg)

BURGERS

BINSTED BURGER Beef Patty, Cheese, Bacon, Classic Burger Garnish, Skinny Fries £16 (Gf)

CAJUN CHICKEN BURGER Root Vegetable Slaw, Garlic Aioli, Skinny Fries £16 (Gf)

HALLOUMI BURGER Flat Mushroom, Roasted Pepper, Rocket, Hummus, Skinny Fries £16 (V, Gf)

PLANT BURGER Guacamole, Root Vegetable Slaw, Skinny Fries £16 (Vg, Gf)

HOMEMADE PUDDINGS

STICKY TOFFEE PUDDING Caramel Sauce, Vanilla Ice Cream £8 (V, Gf)

PINEAPPLE CARPACCIO Champagne Sorbet, Lychee Bubbles, Raspberries £8 (Vg, Gf)

CHOCOLATE BROWNIE Vanilla Ice Cream & Thick Double Cream £8 (V, Gf)

BAKED COOKIE Toffee Sauce, Whipped Cream, Vanilla Ice Cream, Toasted Nuts £8 (V, Gf)

AFFOGATO Moon Roast Espresso, Homemade Ice Cream, Shortbread Biscuit £7 (V, Gf)

Please speak to your server about any allergens or intolerances
(GF) Gluten Free (GA) Gluten Adaptable (V) Vegetarian (VG) Vegan (VGA) Vegan Adaptable
A Discretionary Donation of 10% will be added to your Bill for Our Service