



## • Gluten free menu •

### • While you wait •

Gluten free bread, olive oil, balsamic, dukkah, sea salted butter £4

Mixed pitted olives £3.50

Crackling, apple sauce £2.50

### • Starters/Salads •

Soup of the day with gluten free bread £5.50 / £7.50

Steamed mussels, marinere (shallots, white wine, garlic & cream) **or** Thai Green curry,

Gluten free bread £8.50

New Forest Asparagus wrapped in Serrano Ham, Rocket, soft boiled egg £9

Cajun Salmon Caesar Salad, Croutons and Parmesan £7.50/£12.50 Large

Glazed Goats Cheese served on a Greek Salad with olives & tomatoes £7.50/£12.50 Large

### • Mains •

Maple Glazed Gammon Ham, Free range Eggs, Chunky Chips £12.50

Grilled chicken breast, bacon & avocado, aioli, hot smoked paprika & garlic fries £14

Spring lamb rump, Fondant potato, Glazed Carrot, Sugar snaps, Redcurrant Jus £18

Grilled aged 8oz sirloin steak, rocket, baked flat mushroom, plum tomato & chunky chips £19

*(Add a sauce: peppercorn, Port or blue vinny £2)*

Steamed mussels, marinere (shallots, white wine, garlic & cream) **or** Thai Green curry,

Gluten free bread or fries £14

Thai Green Vegetable Curry, Saffron Rice £12

Homemade Falafel Burger, BBQ sauce, Chunky Chips, Salad £12.50

### • Sides •

Chunky chips £3 *(add cheese +50p)*

Mixed side salad £3

Fries £3

Smoked paprika & garlic fries £3.25

Seasonal vegetables £3

### • Desserts •

Warm Chocolate Brownie, chocolate sauce, Vanilla ice cream £7.50

Vanilla Poached Pears, Gluten free Brandy snap, Raspberry Sorbet £7.50

Local ice cream or sorbet (1, 2 or 3 scoops) *please ask for selection* £1.50 per scoop

Blue Vinny cheese board with a selection of 3 or 5 cheeses, chutney and oatcakes £7/ £9

THE  
BLUE VINNY