

# GLUTEN FREE MENU



THE FIG & OLIVE

## BREAKFAST

SERVED FROM 9AM-11.30AM

FULL ENGLISH, Packington sausage & bacon, mushrooms, grilled cherry vine tomatoes, baked beans, gluten free toast, free range egg £9

VEGETARIAN BREAKFAST halloumi chips, onion & roast pepper hash, mushrooms, grilled cherry vine tomatoes, baked beans, gluten free toast & free range egg £9

EGGS FLORENTINE, gluten free toast, wilted spinach, free range poached egg, hollandaise £6.5 V

EGGS BENEDICT, gluten free toast, crispy Packington bacon, free range poached egg, hollandaise £7

EGGS ROYALE gluten free toast, smoked salmon, free range poached egg, hollandaise £7.5

PACKINGTON BACON BUTTY free range egg on gluten free toast £5.5

PACKINGTON SAUSAGE BUTTY, free range egg on gluten free toast £5.5

## BAGELS

SERVED MONDAY TO SATURDAY 12PM-3PM

SMOKED SALMON BAGEL, dill cream cheese £7

CHARGRILLED MEDITERRANEAN VEGETABLE, hummus & rocket £7 V

SPICED BBQ CHICKEN BAGEL, rocket aioli £7

## SHARERS

FRESHLY BAKED CAMEMBERT FOR TWO, garlic & rosemary oil, red onion jam, gluten free toast £11

CHARCUTERIE BOARD, salami, Parma ham, bresaola, chorizo, olives, blushed tomatoes, gluten free crackers £16.5

MEZZE BOARD, gluten free crisp bread, feta & tomatoes, olives, tzatziki, gluten free toast, hummus, baba ghanoush £12 V

## STARTERS

SOUP OF THE DAY £5

CAJUN SALMON FISHCAKE, charred corn, lime pickle mayonnaise, pea shoot's £8 /£16

PAN FRIED SOFT SHELL CRAB, lime, coriander, papaya & chilli slaw £8

GRILLED GOATS CHEESE, aubergine & courgette stack, basil oil, tomato arrabiata £6.5/ £15 V

SLOW ROAST PORK RIBS, barbecue glaze, Asian slaw £7.5

## MAINS

GOAN SPICED HALF CHICKEN, sweet potato fries, mango salsa £13.5

SPICED CRISPY PORK BELLY, flash fried bok choy, mash & jus £18

DRY AGED NAKED BEEF BURGER, bacon, salsa, coleslaw & skin on fries £15

WELSH LAMB CUTLETS, brinjal potatoes, spinach & red onion pakora £21

GRILLED HADDOCK, minted peas, tartare sauce, skin on fries £15

RED LENTIL DAHL, new potatoes, tenderstem broccoli £11 V

PAN ROAST COD, potato & pancetta gratin, butter cabbage & leeks, celeriac puree £16

PARMA HAM & GOATS CHEESE SALAD, caramelised onion & mixed leaves £12

## FROM THE GRILL

DRY AGED 7oz RUMP STEAK £19

DRY AGED 9oz RIB EYE STEAK £21

DRY AGED 16oz T BONE STEAK £28.5

WELSH LAMB CHOPS £18

TUNA STEAK £18

All served with a seasonal salad and a choice of:

Skin on fries *or* New Potatoes *or* Broccoli & Almonds

Add Béarnaise — Peppercorn — Port & Stilton £2