



Gluten Free Menu

Nibbles

- Guacamole with Tortilla Chips **£5**
- Tortilla chips & Dips (salsa & sour cream) **£3.50**

Starters

Skins n Dips* Choose 2 dips: BBQ, Sour cream, Garlic mayo or sweet chilli **£4.70**

Nachos* Crisp corn chips topped with melted cheese, onions, tomatoes & jalapenos **£7.20** (add spicy chicken or chilli for an extra **£3.50**)

Crispy chicken wings* – Served with either BBQ sauce or hot style with Louisiana sauce **£6.50**

Tostadas

- Avocado & Feta with pink pickled onions **£4.70**
- King Prawns in a lime chilli butter with pink pickled onions & sour cream **£6.75**

Garlic Bread* **£6.50**

Garlic Bread & tomato* **£6.75**

Garlic Bread & cheese* **£7**

Garlic Bread, Cheese & Tomato **£7.50**

Garlic Bread, Cheese & Mushroom **£7.50**

Crispy Moroccan Style Cauliflower Bites served with red peppa jam **£5.50**

Tex Mex Dishes

Chilli con carne* – with Mexican rice, corn chips and sour cream **£10.50**

Texas two Step* – half a rack of ribs in BBQ sauce and chicken goujons served with either rice or fries **£15.50**

Baby back ribs* – rack of ribs coated in either BBQ or Jack Daniels glaze, served with either rice or fries and coleslaw on the side **£18.50**

Fajitas* – served on a sizzling skillet with onions & peppers, accompanied with warm corn tortillas, lettuce, salsa, sour cream & cheddar cheese. Choose from: **King prawns £17.00, Chicken £14.50 Spiced steak £14.50, Salmon £14.50, Chargrilled Mediterranean Vegetables £11** or **Surf n Turf (chicken or beef with king prawns) £19**

DIY Tacoboard - 3 soft corn tortillas, pink pickled onions, taco slaw, rice or refried beans and the filling of your choice:

- cajun chicken & chorizo with a lime crema **£11**
- lightly battered GF haloumi with spicy mayo **£11**
- crispy cauliflower bites with spicy mayo **£11**

Gamberoni

Garlic King Prawns* – King prawns in garlic butter served with Mexican rice and balsamic glaze **£17.00**

Gamberoni Inferno – King prawns in a spicy tomato served with Mexican rice **£17.00**

Mediterranean King Prawns* – in a tomato and garlic sauce served on a bed of Mexican rice **£17.00**

Gluten free Pizzas

Margherita * (cheese & tomato) **£10**

Funghi * (cheese, tomato & mushroom) **£10.50**

Chargrilled Veg (cheese, tomato & chargrilled vegetables) **£10.70**

Pepperoni *(cheese, tomato & pepperoni) **£11**

Pizza Kiev (cheese, tomato, chicken, mushrooms & garlic butter) **£11.50**

Flaming Pig (cheese, tomato, pepperoni, chorizo, bacon, jalapenos, hot Louisiana & BBQ sauce) **£11.50**

Mexicana (cheese, tomato, pepperoni, chorizo & jalapenos) **£11.50**

Tropical Heat (jalapenos, fresh chillies & pineapple) **£10.50**

Pollo (chicken) dishes all served with either Mexican rice or hand cut chips

BBQ Chicken * – chicken breast oven baked in our own BBQ sauce **£12.50**

Mexican Chicken * – chicken breast in spiced tomato, cream & coriander sauce with mushrooms, onions & peppers **£14.50**

Blackened Caribbean Chicken *- chicken breast in a cajun spiced crust in a white wine cream sauce with red chillies & pineapple **£14.50**

Amigos Kiev- chicken breast oven baked served with a garlic & cream sauce **£14.50**

Tia's hanging Kebabs

basted in garlic, sweet chilli & ginger served with garlic butter, mushrooms, peppers & fries:

Chicken £12.50

Steak £12.50

King Prawn £14

Other Mains

Vegetarian Skewers –chunky pieces of peppers, aubergines, courgette, mushrooms & tomatoes with rice and a cool cream tomato and coriander infused sauce served on a bed of Mexican rice **£12.50**

Fillet of Salmon in Jack Daniel glaze- served with Mexican rice & Mediterranean vegetables **£14.50**

Side Dishes

Refried beans **£3.50**

Guacamole **£4**

Hand cut chips **£3.50**

Mexican Rice **£2.50**

Potato skins **£3.50**

Taco slaw **£2.50**

Tortillas **£3.50**

House Salad **£4**

Additional info: all our food is freshly prepared. We haven't listed all of the ingredients in every dish but please let us know if you wish to see our ingredients list. Please note that we use our fryers to cook different dishes. Our aim is to keep one small fryer for gluten free items but cannot guarantee that the hand cut chips or skins won't have previously been par fried in a fryer which may have been used for non gluten items. If you have any concerns about cross contamination then please ask one of our team.

* these items are available at Happy Hour prices (£2 surcharge applies to all GF garlic breads/pizzas during happy hour)