

GLUTEN FREE

ME NU

Starters

Soup of The Day 5

gluten free bread

Prawn Cocktail 6

bloody mary sauce - dressed baby leaves - celery sticks - tomato

Pan Seared Scallops 8

pea cream - pancetta crisp - lemon

Vegetable Pakora 6

pickled salad - homemade thai dipping sauce
tomato

Mains

East Neuk Fish & Chips 15

GF battered haddock - skin on fries
salad - peas - homemade tartare

Tomato & Basil Penne Pasta 15

garlic roasted tomatoes - red & spring onion
GF penne pasta - parmesan

Add Chicken Or King Prawns 2

Crispy Skin Seabass Fillet 15

lemon buttered seabass - crispy potatoes
roasted mediterranean veg - balsamic glaze

Salmon & Warm Nicoise Salad 15

sauteed new potatoes - green beans - tomatoes
pitted olives - red onion - pesto

Lasagne 14

minced beef or vegetable - creamy bechamel
sauce - baby leaf salad - skin on fries

Herb Crusted Mac & Cheese 12

oven baked macaroni cheese - baked cheddar
& parmesan - baby leaf salad - skin on fries

Angus Steak & Onion Casserole 15

braised diced chuck - steamed veg
choice of potatoes

Black Rock Grill 27

10oz ribeye steak - roasted tomato & mushroom
baby leaf salad - skin on fries

Add King prawns Or Seared Scallops

Bank Burger 14

GF beef or chargrilled chicken patty
GF brioche bun - lettuce - tomato - gherkins
coleslaw - skin on fries

Make it Double For 3

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Chicken Parmesan 15

chicken breast - arrabiata sauce
melted cheese - sauteed new potatoes
mediterranean veg

Pan Seared Venison 17

sweet potato fondant - roasted root
vegetables - blackberry & port jus

Bank Fajitas 15

chicken, prawn, crispy halloumi or vegetable
onions & peppers - GF tortilla wraps - selection
of dips & cheese

Lamb Cannon 17

pan seared lamb glazed in mustard, honey
thyme & garlic - creamy mash - glazed carrots
pan jus

Curry 15

see board for todays curry - pilau rice
poppadom

Sides

Skin on Fries 4

Parmesan Fries 5

Coleslaw 4

Side Salad 4

Peppercorn Sauce 3

Blackberry & Port Jus 3

Wild Mushroom & Garlic Sauce 3

Thyme & Onion Gravy 3

Desserts

Sticky Toffee Pudding 6

GF handmade toffee pudding - toffee sauce
choice of cream, ice cream or custard

Eton Mess 6

fresh summer berries - crushed meringue
chantilly cream - fruit coulis - strawberry
ice cream

Tablet Cheesecake 6

homemade tablet chunks - butterscotch drizzle
choice of cream - ice cream - custard

3 scoops Of Ice Cream 6

choose 3 scoops from - vanilla - strawberry
raspberry ripple - mint choc chip - tablet - oreo
