

# GLUTEN FREE MENU

When ordering, please mention that you are choosing from the gluten-free menu and each course will be marked as gluten-free

## HORS D'OEUVRES

OLIVES 2,95

PIQUANT MIXED OLIVES 4,10

SAUCISSON SEC 3,95

## STARTERS

FRENCH ONION SOUP 6,25

Rustic French onion soup with a gluten-free croûte and melted Comté cheese

CHICKEN LIVER PARFAIT 6,85

Chicken liver pâté with toasted gluten-free bread and spiced apple chutney

PRAWN GRATINÉE 8,25

King prawns in a white wine, garlic, chilli and tomato sauce

CHARCUTERIE BOARD 7,50

Jambon de Savoie, smoked duck breast, saucisson sec and duck rillettes with baby gem salad and toasted gluten-free bread

WARM ROQUEFORT SALAD 5,95

Endive and walnut salad with a warm Roquefort cheese dressing

SMOKED SALMON 8,95

Sliced smoked salmon with dill, shallots and baby capers with toasted gluten-free bread

CRAB MAYONNAISE 8,95

Crab mayonnaise with avocado, cucumber, capers and tarragon with toasted gluten-free bread

## LIGHT MAINS

GOATS CHEESE SALAD 10,95

Warm goats cheese and roasted vegetable salad with black olive tapenade

SPINACH AND MUSHROOM CRÊPES 11,50

Baked crêpes with wild mushrooms, spinach and Comté cheese

CHICKEN AND WALNUT SALAD 12,50

Chargrilled chicken with avocado, baby gem lettuce, baby spinach, shallots, French beans, walnuts and a mustard dressing

TUNA NIÇOISE 14,50

Chargrilled fresh tuna steak (served medium rare) on classic Niçoise salad with French beans, cherry tomatoes, black olives, peppers, new potatoes, egg, baby gem lettuce and red onion

RISOTTO VERT 11,25

Risotto with peas, broad beans, green beans, courgette, baby spinach, pesto, mint and rocket

ROAST SEABASS 16,25

Roast seabass fillet, braised fennel and a Champagne beurre blanc with chives and tomato concasse

SALMON 13,95

Chargrilled salmon with ratatouille and a lemon juice and olive oil dressing

## SIDES

GLAZED CARROTS 3,25  
with parsley

GREEN SALAD 3,25

FRENCH BEANS 3,50

GRATIN POTATO 3,45

BRAISED MINTED PEAS 3,45

FRITES 3,25

## MEAT & FISH

ROAST DUCK BREAST 15,50

Roasted duck breast (served pink) with gratin potato and a griottine cherry sauce

GRILLED SWORDFISH 14,50

Grilled swordfish served with slow-cooked Tarbais beans, rocket and a lemon and caper dressing

BEEF BOURGUIGNON 16,50

Traditional Beef Bourguignon with potato and chive purée, bacon lardons and chestnut mushrooms

POULET GRILLÉ 12,95

Chargrilled butterflied chicken breast with wild mushroom, crème fraîche and thyme sauce, served with gratin potato

MOULES FRITES 13,50

Mussels cooked with white wine, garlic, shallots, parsley and fresh cream, served with frites

STEAK FRITES 12,50

Chargrilled thinly beaten out minute steak with frites and garlic butter (served pink)

FISH PARMENTIER 13,25

Haddock, prawn and salmon in a creamy white wine and leek sauce, topped with mash potato and Comté cheese

ROASTED PORK BELLY 14,95

Pan roasted pork belly with gratin potato, braised Savoy cabbage, apples, thyme and Calvados jus

## GRILL

HALF CHARGRILLED POULET 'BRETON' 12,50

Corn fed chicken reared in the heart of rural Brittany in the west of France which is renowned for its poultry. Served with frites

— choice of sauces —

GARLIC BUTTER 1,50  
Normandy butter with garlic, lemon and parsley

PROVENÇALE SAUCE 1,95  
Cherry tomato, basil, garlic, caramelised onions and black olives

WILD MUSHROOM SAUCE 2,95

Wild mushroom, crème fraîche and thyme

## STEAKS

All of our steaks are from 30 day aged grain fed cattle and served chargrilled with frites

10OZ RIBEYE 18,50

10OZ SIRLOIN 19,95

7OZ FILLET 22,50

— choice of sauces —

GARLIC BUTTER 1,50  
Normandy butter with garlic, lemon and parsley

ROQUEFORT BUTTER 2,25  
Normandy butter with Roquefort cheese

BÉARNAISE SAUCE 2,25  
Tarragon, egg, shallot and butter sauce

PEPPERCORN SAUCE 2,50  
Green peppercorn, Cognac and cream

TRUFFLE HOLLANDAISE 3,25

Hollandaise sauce infused with black truffles

TOMATO SALAD 3,50

with basil and shallots

CREAMED SPINACH 4,15

## MARCH SPECIALS

### STARTER

SALADE DE CREVETTES 9,50

Tiger prawn salad with avocado, baby gem lettuce, red onion, capers, dill and crème fraîche dressing

### MAINS

PAN ROASTED HADDOCK

FILLET 14,95

Pan roasted haddock fillet served with pommes Lyonnaise, sautéed spinach and a Champagne beurre blanc

HERB ROASTED CHICKEN

SUPRÊME 14,25

Herb roasted chicken suprême wrapped in French streaky bacon, served with Jerusalem artichokes and a creamy mustard sauce

### SIDE

POMMES RISSOLÉES 4,25

Diced potatoes sautéed with bacon lardons, thyme, parsley and pearl onions

## DESSERTS

CHOCOLATE MOUSSE 5,15

Dark chocolate mousse

CRÈME CARAMEL 5,95

Traditional set vanilla pod custard with dark caramel and cream

FROZEN BERRIES WITH  
WHITE CHOCOLATE SAUCE 5,15

Frozen summer berries with warm white chocolate sauce

CRÈME BRÛLÉE 6,25

Classic caramelised vanilla custard

CHOCOLATE POT 3,95

Dark chocolate pot with crème fraîche

ICE CREAMS & SORBETS 4,95

Vanilla, chocolate and strawberry ice-cream  
lemon and raspberry sorbets

CHEESE 6,95

Roquefort, Reblochon and Comté served with bread and grapes

We use flour and other ingredients containing gluten in our kitchens, however processes and training are in place to ensure that all options on the GF menu are gluten-free.

Allergen information is available upon request.



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