

For those of you following the 800 calorie 5:2 diet we have included some calorie counted dishes to help make eating out a little easier

Ciabatta loaf, dipping oil, balsamic vinegar and salt Half £2.00, Whole £3.50
Antipasti olive selection (gf) £2.50

Starters *Gluten free bread is available*

Homemade pea and mint soup finished with natural yoghurt (v) – **100cal**, with bread – **add 150cal** £6.50
Potted chicken liver pate served with sticky fig chutney and toast £6.95
Prawn and ginger patties with pickled vegetables and lime - **154cal** (gf) £7.95
Tiger prawns with chorizo, chilli, spring onion and garlic served with bread (*chorizo can be omitted*) £6.95
Beetroot carpaccio with pickled carrot, pea shoots and walnuts – **60cal** (v, vg, gf, df) £6.95
Mussels in a mild Thai green coconut sauce served with ciabatta bread £7.95
Smoked salmon and salmon mousse on ciabatta toasts with capers and horseradish mayonnaise £7.95
Deep fried floured whitebait served with brown bread & butter and tartare sauce £6.95
Panko breaded Haggis Bon Bons served with a whisky and wholegrain mustard dipping mayonnaise £6.95
Leek and cider rarebit – toasted ciabatta topped with cheesy leek and cider (v) £6.50
Panko breaded fried brie wedges served with cranberry sauce and ciabatta bread (v) £6.50
Pan fried scallops on chilli black pudding and crispy pancetta £8.50

Fish & Seafood – supplied by New Wave Seafood, Gloucester

Sea bass fillet, steamed with fennel and Asian spices with rice noodles & carrot – **375cal**(gf) £14.95
Trio of fish fillets – bream, red mullet and sole fillets with spinach, new potatoes and vegetables (gf) £14.95
Mixed seafood platter – tiger prawns and crevettes in garlic butter with spring onion & chilli, beer battered cod bites and tartare sauce, mussels in white wine, garlic and cream sauce, chips and bread £17.95
Salmon, leek, spinach and mascarpone parcel, served with steamed vegetables and new potatoes (gf) £14.95
Luxury fish pie – salmon, smoked haddock, cod, king prawn and scallop in a classic parsley sauce topped with mashed potato and served with steamed vegetables £14.95
Beer battered cod fillet with chips, peas and tartare sauce £13.95
Poached ray wing with brown butter and capers, steamed vegetables & new potatoes (gf) £16.95
Market fish of the day Please ask for details Market Price

Meaty Main Courses

Crackly pork our own slow cooked whole hock of pork, served on the bone with all over crackling, mushroom & pepper sauce, red slaw and chips (not for the feint hearted!) (gf) £16.95
£1 from each sale of this dish will be donated to the St John's church community project
Mozzarella stuffed chicken breast, wrapped in pancetta on a roasted red pepper sauce, served with vegetables and new potatoes (gf) £14.95
Chicken and orange stew with wilted spinach and wholegrain rice – **315cal** (gf) £13.95
Slow cooked lamb shoulder with a rich gravy on mashed potatoes and steamed vegetables (gf) £16.95
8 hour brisket of beef with potato & sweet potato Dauphinoise, rich Madeira gravy and steamed vegetables (gf) £14.95
Celtic Pride, 28 day matured, 10oz ribeye steak served with salad garnish, grilled cherry tomatoes, breaded garlic flat mushroom and chips £18.95
8oz centre cut fillet steak served with salad garnish, grilled cherry tomatoes, breaded garlic flat mushroom and chips £22.95

Add a sauce to your steak for £2.95 –
Diane, Stilton, Béarnaise or Pepper sauce

Meat Free Main Courses

Chestnut mushroom stroganoff served with rice and steamed vegetables (v, gf)	£12.95
Veggie sausage and mash – served with beer battered onion rings, gravy and steamed vegetables (v)	£12.95
Teriyaki stir fry vegetables , with oriental tofu and rice noodles (v, gf, vegan) – <i>295cal</i>	£12.95
Baked stuffed courgettes with potato & sweet potato dauphinoise and a roasted red pepper sauce (v, gf)	£12.95

Side orders

Chips (v, gf)	£3.00
Potato & sweet potato dauphinoise (gf, v)	£3.50
Steamed vegetables (v, gf)	£2.50
New potatoes (v, gf)	£2.50
Red slaw (v, gf)	£2.00
Garlic bread (v)	£2.50
Cheesy garlic bread (v)	£3.50

Children's Meals

All £6.95

- Homemade breaded fish fingers** with chips and peas
- Breaded chicken fillets** served with chips and baked beans
- Sausage & mash** with peas and gravy
- Bowl of mussels** served with chips or bread

POLITE NOTICE

For the comfort of all guests, please note:

Electronic devices such as laptops, tablets and mobile phones should be put in silent mode while seated in the restaurant.

Thank you