

# GLUTEN FREE LUNCH MENU

MON-SUN | 12PM-6PM

## LIGHT BITES

<b>Leek and potato soup (g/f)</b> wedge of bread (v)	<b>£6.50</b>	<b>Cauliflower bites (g/f)</b> quinoa cauliflower bites, sweet chilli sauce (v)	<b>£6.50</b>
<b>Chicken wings (g/f)</b> sticky BBQ chicken wings, blue cheese dipping sauce	<b>£6.50</b>	<b>Crispy pork belly (g/f)</b> in sweet chilli sauce	<b>£6.00</b>

## SALAD

**Crispy beef salad (g/f)**  
crispy beef strips, cashew nuts, radish, spring onions, carrot ribbons, cucumber ribbons, salad leaves, sweet chilli sauce  
**£9.50 / £16.50**

**BBQ tofu (g/f)**  
BBQ tofu, rice noodles, chilli, bean sprouts, pepper, coriander (vegan)  
**£9.50 / £13.50**

**Seared tuna niçoise salad (g/f)**  
seared tuna steak, green beans, new potatoes, cherry tomato, spring onion, lemon dressing, capers, salad leaves  
**£17.50**

## SANDWICHES

All served on either white bread, brown bread, baguette or gluten free bread, salad garnish and chips

<b>Prawn Marie Rose (g/f)</b>	<b>£8.50</b>	<b>Cheese and tomato toastie (g/f)</b>	<b>£6.50</b>
<b>Ham and cheese toastie (g/f)</b>	<b>£8.00</b>	<b>Pesto chicken mayo (g/f)</b>	<b>£8.50</b>
<b>Tuna and sweetcorn (g/f)</b>	<b>£7.00</b>	<b>Egg mayo (g/f)</b>	<b>£6.50</b>
<b>Mature cheddar and pickle (g/f)</b>	<b>£6.50</b>	<b>Smoked salmon and cream cheese (g/f)</b>	<b>£8.50</b>

## GLUTEN FREE PIZZA

<b>Parks pizza (g/f)</b> chicken, pepperoni, roast pepper, salami, mozzarella	<b>£14.00</b>
<b>Woods pizza (g/f)</b> wild mushroom, roast pepper, grilled artichoke, cherry tomato, vegan cheese (vegan)	<b>£13.00</b>
<b>Margherita pizza (g/f)</b> cherry tomato, basil, mozzarella (v)	<b>£14.00</b>

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## MAINS

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<b>Pulled pork (g/f)</b> Emmental cheese, American mustard, gherkins, coleslaw, sourdough roll, French fries	<b>£14.00</b>
<b>BBQ jack fruit (g/f)</b> vegan smoked applewood cheese, coleslaw, sourdough roll, gherkins, French fries	<b>£12.00</b>
<b>Sandford club sandwich (g/f)</b> pesto chicken, crispy bacon, egg mayo, beef tomato, avocado, baby gem lettuce, French fries	<b>£14.00</b>
<b>Honey glazed ham (g/f)</b> chunky chips, two fried eggs	<b>£13.50</b>
<b>Cheese ploughman's (g/f)</b> Brie, mature cheddar, Stilton, chutney, apple, beetroot sausage roll, wedge of bread (v)	<b>£13.50</b>
<b>Sandford burger (g/f)</b> 8oz burger, bacon, cheese, tomato, lettuce, gherkin, burger sauce, onion rings, sourdough bun, French fries	<b>£16.00</b>
<b>Moving Mountains burger (g/f)</b> tomato, lettuce, avocado, gherkin, burger sauce, onion rings, sourdough bun, French fries (vegan)	<b>£14.50</b>

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## SIDES

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French fries (g/f)	<b>£4.00</b>	Garden salad (g/f)	<b>£4.00</b>
Chunky chips (g/f)	<b>£4.00</b>	Market vegetables (g/f)	<b>£4.00</b>
Cheesy fries (g/f)	<b>£5.50</b>	Garlic bread (g/f)	<b>£4.00</b>
Cheesy chunky chips (g/f)	<b>£5.50</b>	Cheesy garlic bread (g/f)	<b>£5.50</b>

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## DESSERTS

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<b>Vegan brownie (g/f)</b> vegan vanilla ice cream (vegan)	<b>£7.50</b>	<b>Ice cream or sorbet (g/f)</b> (g/f)	<b>£6.00</b> for three scoops
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All our food is prepared in a kitchen where nuts, gluten and other known allergens maybe present. Please note we take caution to prevent cross-contamination, however, any product may contain traces as our entire menu is produced in the same kitchen.

Our dish descriptions do not include all of the ingredients used to make the dish. Therefore, if you have a food allergy please speak to a Management before placing an ordering. Full allergen information is available on QR at the bottom of this menu. Management can advise of all ingredients used.



Our Allergy  
Menu



**EJL992**

Download Allergy Menu App or visit  
<https://allergymenu.uk/menu/EJL992>