

MENU SERVED WEDNESDAY - SATURDAY 12-8.45PM

# GLUTEN FREE

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## MAINS

SOUP OF THE DAY served with gluten free bread	6.00	BBQ BRAISED SHORT RIB OF BEEF served with char grilled corn, coleslaw,	20.00
MOROCCAN STYLE LAMB KOFTA	8.00	sweet potato fries and watercress	
served with minted yogurt		CRISPY CHILLI CHICKEN	16.00
CLASSIC MOULES MARINIERE, garlic and creamy white wine sauce	8.00	FISH AND CHIPS with garden or mushy peas	15.00
gf bread	ς,	PAN SEARED LAMB RUMP	24.00
PAN FRIED BUTTERFLY TIGER PRAWN AND SCALLOP	10.00	on diced roasted potato's, cherry tomatoe and fresh pesto SMOKED PAPRIKA AND GARLIC	S
served on a chipotle and lime aioli		CHICKEN KEBAB	16.00
FROM THE		lemon and dill, garlic potatoes and fresh salad	
GRILL		PARMIGIANA	14.00
		layered aubergine with a rich tomato	
10 OZ GAMMON STEAK	15.00	and basil sauce topped with mozzarella	
served with chunky chips, flat musl	hroom,	or vegan cheese served with fresh salad,	
tomato, pineapple, egg		CHEFS CURRY	

### **10 OZ RIBEYE STEAK** 25.00

served with chunky chips, flat mushroom and tomato

2.00 ADD BLUE CHEESE OR

PEPPERCORN SAUCE

## BURGERS

served with skin on fries, coleslav	v and
brown gf bun	
CHEESE BURGER	15.00
CHICKEN BREAST BURGER	15.00
THE CHET BURGER	16.00
BACON,BBQ AND CHEESE	

V-VEGETARAIN GF-GLUTEN FREE VGA-VEGAN AVAILABLE FULL ALLERGEN INFORMATION UPON REQUEST

#### served with pilau rice **CHICKEN** 17.00 **PRAWN** 17.00 14.00 **VEGAN** SIDES **CORN ON COB** 4.00 **SLAW** 4.00 SIDE SALAD 3.50 **CHUNKY CHIPS** 3.50 **SKIN ON FRIES** 4.00

WWW.THECHETWYNDARMSUPPERLONGDON.CO.UK PARMASAN AND TRUFFLE OIL FRIES 5.00