



GLUTEN FREE
FOOD

GLUTEN FREE GRUB

please place your order at the bar or with your server at your table
please make it clear you are ordering from the gluten free menu

STARTERS

MARINATED OLIVES (veg) fresh olives marinated in herbs . £3.50

SPICED NUTS (nuts, veg) homemade spiced nuts . £3.50

HUMMUS & PERI (nuts, veg), fresh hummus, corriander, peri drizzle, with (gf) toast and crisp tortilla . £4.95

YORKSHIRE POUTINE hand cut chips, cheese, slow cooked beef, gravy . £6.25

BUTTERMILK PRAWNS prawns, buttermilk crumb, deep fried pickle, pineapple bbq . £6.75

PERSIAN TOASTIE (veg), toasted tortilla, spinach, tomato, olives, hummus, vegan cheese . £5.95

SALT AND PEPPER RIBS crispy fried salt and pepper ribs, asian dipping sauce . £5.95

INDIAN TATER TOTS (veg), crispy potato pieces, chilli, corriander, pickled onion, yoghurt, masala ketchup . £4.95

COWBOY FRIES crispy fries, layered with cheese, bacon, BBQ sauce . £5.50

KOREAN CHICKEN BALLS buttermilk chicken bites, tossed in korean BBQ sauce . £5.25

STICKY PIGS baby pork bangers, in a sticky sweet and spicy glaze . £5.75

STICKY TEMPEH (veg) pieces of tempeh cooked in a sticky glaze . £5.75

 WINE DOWN WEDNESDAYS	ANY 3 SMALL PLATES AND A GLASS OF WINE* FOR £10.95 WEDNESDAYS FROM 5pm £1 surcharge on ribs, prawns & poutine * 175ml Altoritas Sauvignon or Merlot, other drink options available	WINE DOWN WEDNESDAYS 
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SHARERS

SO! GARLIC (v) melted garlic butter, and warm (gf) bread to tear and dunk in . £6.95

CHEESE FUNDO (v) four types melted cheese, garlic, herbs and soft onions, with (gf) toast . £6.95

LOADED NACHOS (v) tortillas, melted cheese, guacamole, salsa, soured cream, jalapeno . £7.50

+ **topping** spiced pulled beef £3.50, buttermilk chicken £3.50, spiced chickpeas (v) £2.50

WINGS deep fried and tossed in your favourite sauce . 6/£5.50, 12/£9.50, 24/£16.95

+ **sauce** SO! Peri peri (🍷), BBQ, korean (🍷), hot & sticky (🍷), masala (🍷), garlic butter

VEGAN WINGS (veg) southern crumbed cauliflower wings, peri peri and mint dressing . £5.95

HEALTHIER MAINS & SALADS

POKE BOWL (veg*, gf) brown rice, pickled and raw vegetables, edame beans, bean sprouts, poke sauce . £9.25

add topping - sticky chicken or sticky tempeh (veg)

KASHMIRI CHICKEN (gf) spiced rubbed roast chicken breast, crispy onions, kale spinach, curry sauce . £9.25

STEAK & EGG (gf) 6oz rump steak, crunchy kale slaw, poached egg, spiced coconut dressing. £10.25

ASIAN SALAD (gf, veg*) noodles, bean sprouts, red pepper, carrot, cabbage, cucumber, soy chilli dressing . £9.95

INDIAN SALAD (gf, veg*) rice, chickpeas, cauliflower, carrot, spinach, herbs, tomato, chat masala . £9.95

SUPER FOOD SALAD (nuts, gf, veg*) kale, spinach, fennel, avocado, carrot, cabbage, spiced nuts, beet ketchup . £9.95

add a salad topping - buttermilk chicken, BBQ tempeh strips (veg), mex crumbed mushroom (veg),

5oz rump steak and prawn lollipops +£3.25

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SARNIES

all served with fries and in gluten free wrap, unless otherwise stated

CAJUN MELT cajun spiced chicken, melted cheddar, mayo, tomato . **£8.75**

THE PO BOY crispy coated king prawns, garlic butter, iceberg, perinase . **£9.95**

BOLLYWOOD BURITTO (nuts, veg) spiced potato, chickpeas, cauliflower, spinach, mint dressing, chilli jam . **£9.25**

CUBAN TOASTIE ham, swiss, cheddar, dill pickle, mustard, spiced mayo, tomato, red onion. **£8.95**

MEXICAN WRAP (v*) salsa, guacamole, soured cheese, cheddar, iceberg, mex chicken or mushroom (veg) . **£9.75**

PHILLY STEAK char grilled steak, cooked to your liking, cheddar, fried onion, mushroom, peppers . **£10.95**

DUNKIN BEEF WRAP yorkshire pud wrap, pulled beef, red onion, leaf, tomato, mustard mayo, gravy . **£9.95**

+ £1 UPGRADE TO SWEET POTATO FRIES / + £2.25 WHY NOT ADD A POT OF HOMEMADE SLAW



SARNIE OF THE MONTH: THE VEGAN BLT (veg, gfor).....**£8.95**
Ciabatta stuffed with BBQ beans, tomato, lettuce, avocado, red onion and a coconut
chipolte mayo. Served with fries



BURGERS

served with fries. in a gluten free bun or if you want it buck nekid, in lettuce instead of bun, just ask

SO! CLASSIC beef patty, iceberg, tomato, red onion, american mustard, pickles, ketchup . **£8.95**

SYMPATHY WITH THE DEVIL cajun beef patty, cheddar, chilli jam, jalapeno, chorizo, salad, peri on side . **£11.95**

MORNING GLORY beef patty, bacon, mushroom, bangers, egg, onion rings, beans . **£12.95**

DOUBLE BUBBLE beef patty, double smoked bacon, double cheese, BBQ sauce, salad, pickles . **£11.95**

LOST BOY garlic butter stuffed beef patty, garlic mushroom, bacon, swiss cheese, salad, garlic mayo . **£12.75**

CLUCKING BURGER buttermilk chicken, bacon, four cheese, salad, spiced ketchup, mayo, onion rings . **£10.95**

LOVE YOU LONG TIME buttermilk chicken, korean BBQ, bacon, pineapple, mayo, asian salad, feta . **£10.95**

CLUB BURGER buttermilk chicken, smoked bacon, cheddar, salad, garlic mayo . **£9.95**

PHISH FOOD battered haddock, tartare, ketchup, iceberg . **£9.75**

KOREAN BURGER (veg) crispy spiced tempeh patty, korean BBQ, pineapple, pickled asian salad, vegan mayo . **£10.95**

NACHO LIBRE (veg) mex crumb mushroom, guacamole, salsa, onion rings. jalapeno, iceberg, vegan cheese . **£10.95**

+ £1 UPGRADE TO SWEET POTATO FRIES / + £2.25 WHY NOT ADD A POT OF HOMEMADE SLAW



BURGER OF THE MONTH: THE SUPER FOOD BURGER (veg, gfor)....**£8.95**
Pretzel bun with a crispy coated tempeh patty topped with a walnut & kale pesto,
pickled veg, crispy kale, beetroot ketchup and vegan mayo



SO! BUTTERMILK FRIED CHICKEN



our classic buttermilk marinated chicken, dredged in our
secret spiced flour blend and deep fried.

dipping sauce SO! Peri peri (🍷) / BBQ / korean (🍷) / garlic butter / masala ketchup (🍷) / hot & sticky (🍷)

FRIED CHICKEN SUPPER buttermilk chicken breast, fries, cajun corn on cob, slaw, dipping sauce . **£11.50**

DIRTY BIRD PLATTER buttermilk chicken breast, 6 wings, fries, cajun corn on cob, slaw, dipping sauce . **£16.95**

FOWL & SWINE FEAST buttermilk chicken, popcorn chicken, half rack of ribs, fries, cajun corn, sauce . **£20.95**

BUTTERMILK PARMO buttermilk chicken, with bechamel, melted cheese, bacon and BBQ, fries, salad . **£11.95**

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RIBS & COMBOS

all served with fries onion rings and slaw

CLASSIC RACK OF RIBS slow braised rack of ribs, marinated in our sweet sticky BBQ glaze . **£17.95**

RIBS & CLUCK half rack of ribs, buttermilk chicken and cajun corn on cob . **£18.95**

RIBS & MOO half rack of ribs, 5oz rump steak cooked to your liking and cajun corn on cob . **£19.50**

COMBO EXTRAS:

peppercorn sauce £2.75, gravy £2.25, cajun corn on cob (v) £2.50, roast mushroom (v) £1.75, side salad (v) £2.95

THE CLASSICS

STEAK & CHIPS 10oz rump steak, hand cut chips, onion rings, grilled cherry tomato . **£17.95**

STEAK EXTRAS:

peppercorn sauce £2.75, gravy £2.50, cajun corn on cob (v) £2.50, roast mushroom (v) £1.75, side salad (v) £2.95

+ £1 UPGRADE TO SWEET POTATO FRIES / + £2.25 WHY NOT ADD A POT OF HOMEMADE SLAW

BAKED HAM & EGGS thick cut ham, hand cut chunky chips, 2 poached eggs . **£8.95**

FISH & CHIPS battered haddock, hand cut chips, mushy peas (+ gravy £1.95) . **£11.95**

CLASSIC EGG & CHIPS (v) lashings of hand cut chips, 2 fried eggs (+ beans £1 / bread and butter £1) . **£5.95**

SIDES

ONION RINGS (v) golden and crispy lightly spiced batter . **£3.50**

CAJUN FRIES (v) golden crispy fries tossed in a cajun spice . **£3.25**

SWEET POTATO FRIES (v) a little less naughty than fries . **£3.25**

SIDE SALAD (v) mixed leaf, cherry tomato, cucumber, pepper, red onion, dressing . **£3.25**

CAJUN BUTTERED CORN (v) whole corn cob with a side of cajun butter . **£2.50**

NAUGHTY BUT NICE

STICKY TOFFEE PUDDING (nuts, v) rich toffee sponge, toffee sauce and vanilla ice cream . **£5.50**

APPLE & PLUM TART (nuts, veg) rich apple and plum tart, berry coulis, vanilla ice cream . **£5.50**

CHOCY CLEMENTINE TART (nuts, veg) a rich chocolate and clementine tart with orange sorbet . **£5.50**

VANILLIS ICE CREAM (v, veg*) locally produced artisan icecream, ask about our flavours . **£5.50**

 **WINE DOWN WEDNESDAYS** ANY 3 SMALL PLATES AND A GLASS OF WINE* FOR £10.95 WEDNESDAYS FROM 5pm
£1 surcharge on ribs, prawns & poutine
* 175ml Altoritas Sauvignon or Merlot, other drink options available  **WINE DOWN WEDNESDAYS**

**DONT FORGET TO CHECK OUT OUR MONTHLY SPECIALS
AND WEEK DAY BEGGARS BANQUET OFFERS**

we cannot list all the ingredients in our dishes, if you have a specific allergy or dislike please highlight it to one of our service team. we cook all our dishes from fresh, where possible we will try and meet any of your specific dietary requirements. (veg) vegan, (v) vegetarian, (veg*, v*) vegan / vegetarian (with correct topping), (nuts) contains nuts, (sp) spiced dish. all items are subject to availability.
all our food is prepared in the same kitchen as products that contain nuts and gluten, and therefore may contain trace elements of them.