

# The Grub

## GLUTEN FREE VERSION

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

### STARTERS

**MARINATED OLIVES** (veg) fresh olives marinated in herbs . **£3.25**

**SPICED NUTS** (nuts, veg) homemade spiced nuts . **£3.25**

**ASIAN WHITEBAIT** deep fried whitebait, five spice salt, coriander, dipping sauce . **£5.95**

**TRIO OF HUMMUS** (nuts, veg), basil, peri and indian hummus, with gluten free toast and crisp tortilla . **£5.50**

**YORKSHIRE POUTINE** hand cut chips, cheese, slow cooked beef, gravy . **£5.95**

**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** (nuts) crispy fried salt and pepper ribs, asian dipping sauce . **£5.95**

**BOMBAY BALLS** (veg), crispy coated, spiced potato balls, salad, yoghurt, masala ketchup . **£5.25**

**COWBOY FRIES** crispy fries, layered with cheese, bacon, BBQ sauce (+ chilli £1.50) . **£4.95**

**KOREAN CHICKEN BALLS** buttermilk chicken bites, tossed in korean BBQ sauce . **£4.95**

**STICKY PIGS** baby sausages, glazed in a sticky, sweet and spicy glaze, bread . **£5.95**

### SHARERS

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

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

**LOADED NACHOS** (v) tortillas, melted cheese, guacamole, salsa, soured cream, jalapeno . **£7.25**

+ **topping** chilli beef £3.50, buttermilk chicken £3.50, spiced chickpeas (v) £2.25

**WINGS** deep fried and tossed in your favourite sauce . **6/£5.25, 12/£8.95, 24/£15.95**

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

### SALADS

includes topping of your choice included

**QUINOA TABBOULEH** (veg\*) quinoa, tomato, cucumber, red onion, mint, parsley, coriander . **£9.75**

**INDIAN SALAD** (veg\*) rice, chickpeas, cauliflower, carrot, spinach, herbs, tomato, chat masala . **£9.75**

**SUPER FOOD SLAW** (veg\*) kale, fennel, red cabbage, apple, spiced nuts, herbs, leaf . **£9.75**

**PICKLED BEET SALAD** (veg\*) fresh and pickled beets, tomato, fennel, cucumber, carrot, basil, leaf . **£9.75**

+ **topping** buttermilk chicken, root veg fritters (veg), bombay balls (veg), mex crumbed mushroom (veg),  
5oz rump steak and prawn lollipops +£2.95

### HEALTHIER MAINS

**THAI BEEF RICE BOWL** stir fry of rice, quinoa, kale, spring onion, carrot, herbs, spiced shredded beef . **£9.95**

**BASIL CHICKEN** grilled chicken, sauteed apple, beet, carrot, onion, kale, basil dressing . **£8.95**

**ROOT VEG FRITTER TACO** (veg) salsa, guacamole, crisp salad, herb quinoa on side . **£8.95**

**GRILLED FETA** (v) chickpeas, pickled onion, fresh herbs . **£8.95**

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### SARNIES

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

- CAJUN MELT** cajun spiced chicken, melted cheddar, mayo, tomato . **£7.95**  
**PIG & PESTO** smoked bacon, melted swiss cheese, tomato, leaf, pesto and mayo . **£8.95**  
**THE PO BOY** crispy coated king prawns, garlic butter, iceberg, perinaise . **£9.95**  
**BOLLYWOOD BURITTO** (veg) wrap, spiced potato, chickpeas, cauliflower, mint dressing, chilli jam . **£8.95**  
**CUBAN TOASTIE** ham, swiss, cheddar, dill pickle, mustard, spiced mayo, tomato, red onion. **£8.25**  
**MEXICAN WRAP** (v\*) salsa, guacamole, soured cheese, cheddar, iceberg, mex chicken or mushroom (veg) . **£9.25**  
**SLOPPY GONZALES** crisp tortilla filled with chilli beef, cheese, rice, jalapeno, salsa, soured cream . **£8.95**  
**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

### BURGERS

served with fries. In a gluten free roll. 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 . **£12.50**  
**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 . **£12.50**  
**PEPPERCORN DIP** beef patty, swiss cheese, salad, deep fried pickle, peppercorn sauce . **£10.50**  
**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 . **£9.50**  
**MUMBAI BURGER** (veg) spiced potato patty, spinach, spiced onion, masala & mint relish, bombay mix . **£9.95**  
**NACHO LIBRE** (veg) mex crumb mushroom, guacamole, salsa, onion rings. Jalapeno, iceberg, vegan cheese . **£10.50**  
**CHIP BUTTY BURGER** (veg) root veg patty, chaat masala chips, vegan cheese, chilli jam, mint yoghurt . **£9.95**

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



### SO! BUTTERMILK FRIED CHICKEN

our classic buttermilk marinated chicken, dredged in of 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 . **£10.95**  
**DIRTY BIRD PLATTER** buttermilk chicken breast, 6 wings, fries, cajun corn on cob, slaw, dipping sauce . **£15.95**  
**FOWL & SWINE FEAST** buttermilk chicken, popcorn chicken, half rack of ribs, fries, cajun corn, sauce . **£19.95**  
**BUTTERMILK PARMO** buttermilk chicken, with bechamel, melted cheese, bacon and BBQ, fries, salad . **£10.95**

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### RIBS & COMBOS

all served with fries onion rings and slaw

**CLASSIC RACK OF RIBS** (nuts) slow braised rack of ribs, marinated in our sweet sticky BBQ glaze . **£16.95**

**RIBS & CLUCK** (nuts) half rack of ribs, buttermilk chicken and cajun corn on cob . **£17.95**

**RIBS & MOO** (nuts) half rack of ribs, 5oz rump steak cooked to your liking and cajun corn on cob . **£18.25**

#### 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 . **£17.50**

#### STEAK 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

+ £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 (gf bread & butter + £2) . **£8.25**

**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 / gf bread and butter £2) . **£5.50**

**ALL DAY BRUNCH** toasted gf bread, bacon, poached eggs, mini sausages, mushroom, tomato, beans . **£7.95**

**VEGGIE BRUNCH** (v) toasted gf bread, wilted spinach, guacamole, poached egg, mushroom, tomato, beans . **£7.95**

### SIDES

**ONION RINGS** (v) golden and crispy lightly spiced batter . **£3.25**

**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

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

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

**CHOCOCY 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**

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, (n) 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.