

GLUTEN-FREE MENU

Sharer

Owl Meat Platter – Pate, Ribs, meatballs, chicken and chorizo skewers, mixed leaves and aioli **16.95 for two**

Owl Fish Platter – Cod fritters, mackerel pate, Prawn cocktail, Smoked salmon, mixed leaves and tartare sauce **16.95 for two**

Tapas – stuffed vine leaves, spicy meatballs, humus, marinated olives, marinated vegetables, cod fritters or gluten free Spanish bread

3 dishes 11.95, six dishes 17.95

Baked Camembert, garlic butter, rosemary, red onion marmalade, gluten free toasted bread **12.95 for two**

Starters

Soup of the day, gluten free toasted bread **4.95 (V)**

Terrine of the day, see our daily specials, with gluten free toasted bread **6.95**

Wild mushrooms, creamy garlic sauce, gluten free toasted bread **5.95 (v)**

Seared scallops, tomato, rocket, red onion **9.95**

Moules Mariniere served with gluten free toasted bread **8.95**

Cod Fritters, chickpea, spinach, pea shoots, aioli **6.95**

Salads

Chicken caesar salad, cos Lettuce, parmesan, Bacon, cucumber **13.95**

Owl house salad, marinated green bean, courgette, olives, mint, basil, rocket **11.95 (V)**

Add chicken, salmon or goats cheese 3.00

Smoked Salmon Salad, mixed leaves, tomatoes, onion, cucumber, capers and olives **15.95**

Mains

Cajun chicken burger, toasted gluten free bun, emmental cheese, iceberg, tomato, red onion, gherkin, tomato relish, french fries 12.95, **double up for 3.00**

Add toppings, bacon, blue cheese, hot sauce, mushroom **1.00 each**

Fish and chips, grilled skinless haddock, hand cut chips, minted pea puree and, tartare sauce **12.95**

Chicken saltimbocca, chicken escallops, mozzarella, sage, wrapped in parma ham, rosemary potatoes, red wine sauce **13.95**

Seabass fillets, rustic new potatoes, samphire, red onion and capers served with fennel pollen butter **16.95**

Lamb rump, served with smoked cheese dauphinoise, baby vegetables and port reduction **16.95**

The owl espetada kebab, minted lamb and Cajun chicken and chorizo skewers, with mixed salad, french fries, gluten free bread, aioli **15.95**

The owl sizzling skillet, all served with humus

Stir fry vegetables, miso, sesame 10.95 (V)

King prawn, scallop, oyster sauce 16.95

Cajun Chicken 13.95

Steak, onions and peppers 13.95

The owl risotto

Chicken and Chorizo 13.95

King Prawns and samphire 13.95

Goat's cheese and olives 12.95

Mushroom and spinach 10.95 (V)

8oz Sirloin steak 16.95

10oz Rump steak 15.95

16oz Gammon steak 12.95

All our steaks are served with a choice of French fries, smoked cheese dauphinoise, sweet potato fries, hand cut chips or new potatoes, grilled tomato, flat mushroom, dressed rocket and pecorino

Add red wine jus for 1.50

Sides

Hand cut chips 2.50 Sweet potato fries 2.50 French-fries 2.50

Cabbage, leeks, peas 3.00

Mash 2.50