

# TODAY... IS A GOOD DAY TO LOVE!

GLUTEN-FREE OPTIONS AVAILABLE ON OUR MENU

## STARTERS

### GRILLED HALLOUMI & VEGETABLE SKEWERS V+N

with handmade poppy seed-celery slaw & pumpkin seed chilli oil

### CAJUN CHICKEN WINGS

dusted in our own blended cajun spices  
& served with fruity ketchup or hot habanero sauce

### NACHOS NIRVANA V

home fried tortilla chips topped with veggie chilli mix, melted jack cheese, guacamole, sour cream, fresh tomato salsa & jalapenos. top up with chorizo or chicken

## MAINS

### GRILLED CHICKEN, TIGER PRAWN & MANGO SALAD N

mixed market leaves, cucumber, pecans & fresh herbs  
gently tossed with a tequila & lime dressing

### CHICKEN PHO WITH RICE NOODLES

classic, healthy & delicious vietnamese chicken & rice noodle soup

### JAMBALAYA RISOTTO V

spicy risotto with grilled aubergine, peppers & courgettes.  
add chicken, prawn & chorizo

### GRILLED MOJITO CHICKEN

half chicken marinated in mint, lime & rum, served with skin on fries or green onion rice & a handmade poppy seed-celery slaw

ANY OF OUR BEEF OR CHICKEN BURGERS WITHOUT THE BUN

## DESSERTS

### JUDE'S DAIRY ICE CREAM

very vanilla, chunky choc or strawberry tease

### JUDE'S FRESH FRUIT CRUSH SORBETS

bramley apple crush or blackcurrant crush

### JUDE'S VANILLA FROZEN YOGHURT N

PLEASE ASK FOR A COPY OF OUR ALLERGY CHART TO SEE ALL GLUTEN-FREE DISHES



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