



Gluten free Menu

- Ham hock terrine £6
- Hot Pot Prawns King Prawns with a red Thai broth £6
- Chefs own southern fried mushrooms with chipotle chilli jam £6
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- 100z Rump steak with Portobello mushroom, cherry tomato, onion rings, coleslaw rustic chips and leaf garnish £18
 - Surf and Turf, as above with whole king prawns £22
- Fetta & spinach stuffed pork chop on a bed of whole grain rice & Greek salad £13
- Arms Burger, 5oz Cornish beef burger topped with homemade pastrami, Swiss cheese, pickles & mustard mayo all inside a gf bun £10
- Salt & Pepper chicken and pancetta salad with warm new potatoes £12
 - Tikka salmon fillet with green beans, crushed new potatoes £14
 - Seafood spaghetti with a cream & white wine sauce £12

Desserts

Hot Syrup sponge

Fresh fruit skewers with berry coulis

Apple crumble