

# NO-GLUTEN CONTAINING INGREDIENTS MENU

The meals on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten-containing ingredients in our kitchens, so cannot guarantee 100% free from. Please make a team member aware when ordering from the NGCI menu.

## TAPAS

### PLANT-BASED ALBÓNDIGAS (vg)

Plant-based soya meatballs in a rich tomato & chilli sauce, garnished with vegan mayo drizzle, red chilli and sweet & sour red onion. 281 kcal

### PIMIENTOS PADRÓN (vg)

With sea salt and red chilli. 81 kcal

### ★ BAKED AVOCADO (vg)

Baked avocado wedges filled with black beans, Violife grated mature, sweetcorn relish and pomegranate. 413 kcal

### PATATAS BRAVAS (vg)

A classic Spanish dish of diced potato coated in a spicy tomato sauce and topped with sweet & sour red onion and vegan mayo. 529 kcal

## SIDES

### ENSALADA (vg)

Avocado, soya beans, tomato, onion & cucumber mixed salad, with a pomegranate garnish and a lemon olive oil dressing. 124 kcal

### SIDE SLAW (v) 179 kcal

### ★ CAJUN POTATOES (v) 398 kcal

### ★ OLIVES WITH CHILLI (vg) 427 kcal

## MAINS

### THREE-BEAN CHILLI (vg)

Three-bean & sweet potato chilli, served with spicy rice and sweet & sour red onion, with an avocado, soya bean & pomegranate dressed mixed side salad. 604 kcal

### VEG COCONUT CURRY (vg)

Vegetable & coconut curry, served with spicy rice, spring onion, pomegranate, coriander and sweet & sour red onion. 509 kcal

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Add grilled sea bass +181 kcal

### DOUBLE CHEESE NACHOS CLÁSICOS (v)

Tortilla chips topped with melted cheese, cheese sauce, guacamole, jalapeños, tomato & chilli salsa and sour cream, finished with spring onion and sweet & sour red onion. 1601 kcal

### CUBAN-STYLE CHEESY NACHOS

Tortilla chips topped with melted cheese, mustard, cheese sauce, pulled ham and diced gherkins, finished with spring onion and sweet & sour red onion. 1532 kcal

### ★ SPICY THREE-BEAN CHILLI NACHOS (vg)

Tortilla chips topped with three-bean & sweet potato chilli topping, Violife grated mature, jalapeños, fresh tomato & chilli salsa, guacamole and vegan mayo, finished with spring onion and sweet & sour red onion. 1501 kcal

## DESSERTS

### CHOCOLATE BROWNIE (v)

Rich chocolate brownie with chocolate pieces, served with vanilla ice cream. 522 kcal

### VANILLA ICE CREAM (v) 389 kcal

★ All dishes with this symbol are our chef's 'star dishes'

Do you have any allergies?

Please inform staff of any allergies before placing your order, even if you have ordered the dish/drink before, as ingredients can change and menus do not list all ingredients.

Full allergen information is available for all food/drinks, detailing the 14 legally declarable allergens contained in our dishes/drinks. While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination. Ingredients are based on standard product formulations, variations may occur, and calories stated are subject to change.

We cannot guarantee that any dishes are free from nut traces. Fish and poultry dishes may contain bones. All weights are approximate uncooked. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Prices include VAT, at the current rate. We accept all major credit and debit cards. All products and offers are subject to availability. Management reserves the right to refuse custom and/or offers and to withdraw/change offers (without notice), at any time. (v) = Suitable for vegetarians. (vg) = Suitable for vegans. (v-m) = Made with vegetarian ingredients; however, produced in a factory which handles non-vegetarian ingredients, with a 'may contain' warning. (vg-m) = Made with vegan ingredients; however, produced in a factory which handles non-vegan ingredients, with a 'may contain' warning.

Full allergen information is available, on request