

# GLUTEN FREE LUNCH MENU

2 courses £24.95/3 courses £29.95 (Tuesday to Saturday 12:00 pm to 3:30 pm)

## STARTERS

### French Onion Soup (V)

*Gluten Free Croutons, Gruyere Cheese*

### Healthy Quinoa Avocado & Grapefruit Salad (V)

*Lemon Dressing, Fresh Herbs*

### Moules Mariniere

*White Wine, Shallots, Garlic, Parsley, Lemon*

### Roast Red Pepper Hummus (V) (N)

*Cherry Tomato, Gluten Free Bread*

### Warm Octopus Salad

*Celery, Carrots, Lemon Dill Dressing*

## MAIN COURSE

### Braised Feather of Beef

*Sautéed Potatoes, Roast Parsnips, Buttered Cabbage, Horseradish Cream*

### Fillet Beef Stroganoff

*Rice, Carrots, Mushroom Cream White Wine Sauce*

### Grilled Tuna Salad

*Mixed Leaves, Lemon*

### Pork Tenderloin

*Mash Potato, Chantenay Carrots, Broccoli, Rosemary Sauce*

### Seared Lamb Liver

*Parsley Mash Potato, Pancetta, Thyme Red Wine Jus*

### Beetroot Goat's Cheese Salad (V)

*Mixed Leaves, Honey Roasted Figs, Balsamic Glaze*

### Seared Sea Bass Fillet

*Parsley Risotto, Roasted Bell Peppers Broth*

### Chicken Supreme

*Mousseline Potatoes, Cauliflower, Broccoli, Carrots, Velouté Cream Sauce*

### Slow Cooked Lamb Stew, Tomato Sauce

*New Potatoes, Seasonal Vegetables*

### Moroccan Stew (V)

*Sweet Potatoes, Bell Peppers, Aubergine, Ras El Hanout Yogurt, Gluten Free Bread*

## DESSERTS

### Amaretto Crème Brûlée

### Almond Cream & Stuffed Apricots, Orange Molasses, Pistachio, Chantilly (N)

### Chocolate Brownie Chocolate Sauce, Vanilla Ice Cream

### Flavours of Ice Cream \ Sorbet

### Vegan Chocolate Fudge Cake

*This menu has been compiled using non gluten containing ingredients. We can not guarantee 100% gluten free food. Please notify our team member if you are highly intolerant to gluten.*



**Roni's**