



Gluten free Main Menu

STARTERS

Skins n Dips– Choose 2 dips: BBQ, Sour cream, Garlic mayo or sweet chilli
£4.50

Nachos – Crisp corn chips topped with melted cheese, onions, tomatoes & jalapenos £6.70

(add spicy chicken or chilli for an extra £2.50)

Prawn cocktail – prawns on a bed of lettuce served with Marie Rose sauce
£5.50

Crispy chicken wings – Served with either BBQ sauce or hot style with louisiana sauce £5.95

Garlic Bread £6.00

Garlic Bread & tomato £6.50

Garlic Bread & cheese £6.75

Tex Mex Dishes

Chilli con carne – with Mexican rice, corn chips and sour cream £8.30

Texas two Step – half a rack of ribs in BBQ sauce and chicken served with either rice or fries £13.50

Baby back ribs – rack of ribs coated in either BBQ or Jack Daniels glaze, served with either rice or fries and coleslaw on the side £16.50

Fajitas – served on a sizzling skillet with onions & peppers, accompanied with warm corn tortillas, lettuce, salsa, sour cream & cheddar cheese. Choose from: **King prawns** £15.50, **Chicken** £12.80 **Spiced steak** £13.25, **Salmon** £13.85, **Chargrilled Mediterranean vegetables** £10.25 or **Surf n Turf (chicken or beef with king prawns)** £16.50

Chicken fajita salad – Chicken strips set on a bed of lettuce leaves, onions & peppers, accompanied with salsa & sour cream £10.50

Gamberoni

Garlic King Prawns – King prawns in garlic butter served with Mexican rice and balsamic glaze £15.50

Gamberoni Inferno – King prawns in a spicy tomato served with Mexican rice £15.50

Mediterranean King Prawns – in a tomato and garlic sauce served on a bed of Mexican rice £15.50

Sweet chilli king prawn skewers – King prawns and peppers with a sweet chilli & garlic sauce served with rice £15.50

Caribbean King Prawns – king prawns in a white wine, cream & coconut sauce with red chillies & pineapple. Served with Mexican rice £15.50

Gluten free Pizzas

Margherita (cheese & tomato) **£8.95**

Funghi (cheese, tomato & mushroom) **£9.50**

Chargrilled Veg (cheese, tomato & chargrilled vegetables) **£9.80**

Pepperoni (cheese, tomato & pepperoni) **£9.95**

Pizza Kiev (cheese, tomato, chicken, mushrooms & garlic butter) **£10.25**

Flaming Pig (cheese, tomato, pepperoni, chorizo, bacon, jalapenos, hot louisiana & BBQ sauce) **£10.50**

Mexicana (cheese, tomato, pepperoni, chorizo & jalapenos) **£10.50**

Pollo (chicken) dishes all served with either rice or fries

BBQ Chicken – chicken breast oven baked in our own BBQ sauce **£10.80**

Mexican Chicken – chicken breast in spiced tomato, cream & coriander sauce with mushrooms, onions & peppers **£12.80**

Acapulco Chicken- chicken breast in a white wine & cream sauce with sweetcorn & spring onions **£12.80**

Blackened Caribbean Chicken- chicken breast in a cajun spiced crust in a white wine cream sauce with red chillies & pineapple **£12.80**

Amigos Kiev- chicken breast oven baked served with a garlic & cream sauce **£12.80**

Chicken in cracked pepper & lemon- lemon & black pepper coating with a white wine & cream sauce **£12.80**

Tia's hanging Kebabs

basted in garlic, sweet chilli & ginger served with garlic butter, mushrooms, peppers & fries:

Chicken **£9.95**

Steak **£10.50**

King Prawn **£10.95**

SPECIALS

Vegetarian Skewers – chunky pieces of peppers, aubergines, courgette, mushrooms & tomatoes with rice and a cool cream tomato and coriander infused sauce **£11.50**

Chicken & Chorizo Skewers served on a bed of Mexican rice with a cool cream tomato & coriander infused sauce **£16.90**

Ribeye cooked to your liking either plain or blackened Cajun spices, with fries & oven roasted vine tomatoes and mushrooms **£17.50** (add a sauce: Dianne, cracked pepper or blue cheese for an extra £2.50)

Fillet of Salmon in Jack Daniel glaze- served with rice & Mediterranean vegetables **£13.85**

Salmon in cream & King Prawn sauce – served with Mediterranean veg and rice or fries **£16.40**

Surf & Turf – 8oz Ribeye (plain or blackened) and king prawns served with fries and grilled vine tomatoes **£20.50**

BBQ Chicken & Rib sizzler – chicken breast & half a rack of ribs in BBQ sauce with onions, peppers & courgettes, served with Mexican rice **£16.50**

Side Dishes

Refried beans **£2.95**

Guacamole **£2.95**

House salad **£3.50**

Fries **£2.75**

Rice **£2.10**

Potato skins **£2.75**

Coleslaw **£1.95**