

# Gluten Free Menu

## **Ribs or Wings**

Served with salad, also available as a main course with a baked potato or rice

## **Any of our Steaks**

All our Steaks are cut from prime beef cooked over a flame grill, served with a baked potato or rice and salad

## **Grilled Chicken Breast**

Chargrilled Chicken Breast cooked over a flame grill, served with a baked potato or rice and salad

## **Sizzling Fajitas**

Choose from Beef, Chicken or Vegetables, stir fried with peppers & onions in our tomato and orange marinade - served on a sizzling platter with rice, cheese, guacamole & sour cream

## **Cajun Chicken Sizzler**

Tex Mex style dry spice Chicken, stir fried with peppers, onions and mushrooms served on a sizzling platter with rice, cheese, guacamole & sour cream

## **Chilli Pork Sizzler**

Tex Mex style Chilli Pork, stir fried with peppers, onions and mushrooms served on a sizzling platter with rice, cheese, guacamole & sour cream

## **Chicken and Ribs**

Chargrilled Chicken Breast and half a rack of ribs served with a baked potato and salad

## **New York Chicken**

Chargrilled Chicken Breast topped with ham & cheese served with a baked potato and salad

# Lactose Intolerant Menu

## **Ribs or Wings**

Served with salad, also available as a main course with chips, curly fries, sweet potato fries, baked potato or rice

## **3 Bean Veggie Chilli**

Served with salad, also available as a main course with chips, curly fries, sweet potato fries, baked potato or rice

## **Onion Rings, Garlic Mushrooms, Chicken Goujons or Loaded Potato Skins**

Served with salad, all are available as a main course with a choice of chips, baked potato, rice, curly fries or sweet potato fries

## **Scampi**

Juicy deep fried whole tail scampi served with chips, curly fries, sweet potato fries, baked potato or rice and salad

## **Any of our Steaks**

All our Steaks are cut from prime beef cooked over a flame grill, served with chips, curly fries, sweet potato fries, baked potato or rice and salad

## **Grilled Chicken Breast**

Chargrilled Chicken Breast cooked over a flame grill, served with chips, curly fries, sweet potato fries, baked potato or rice and salad

## **Cajun Chicken Sizzler**

Tex Mex style dry spice Chicken, stir fried with peppers, onions and mushrooms served on a sizzling platter with rice, flour & corn tortillas

## **Chicken and Ribs**

Chargrilled Chicken Breast and half a rack of ribs served with chips, curly fries, sweet potato fries, baked potato and salad

## **New York Chicken**

Chargrilled Chicken Breast topped with ham or bacon served with chips, curly fries, sweet potato fries, baked potato and salad

# Vegan Menu

## **Garlic Mushrooms**

Served with salad, all are available as a main course with a choice of chips, baked potato, rice, curly fries or sweet potato fries

## **Onion Rings**

Served with salad, all are available as a main course with a choice of chips, baked potato, rice, curly fries or sweet potato fries

## **Loaded Potato Skins**

Served with salad, all are available as a main course with a choice of chips, baked potato, rice, curly fries or sweet potato fries

## **3 Bean Veggie Chilli**

Served with salad, also available as a main course with chips, curly fries, sweet potato fries, baked potato or rice

## **The Greenpeace Burger**

West Coast veggie burger served with chips, curly fries, sweet potato fries, baked potato or rice and salad

## **Burritos**

A large flour tortilla filled with vegetable chilli rolled and served with rice & salsa

## **Chimichangas**

A large flour tortilla filled with vegetable chilli rolled then deep fried and served with rice & salsa

## **Enchiladas**

A large flour tortilla filled with peppers, onions, mushrooms and our west coast sauce, topped with more sauce then finished under the grill. Served with rice

## **Vegetable Fajitas**

Stir fried peppers, onions & mushrooms in our special tangy marinade - served on a sizzling platter with rice, flour tortillas, salsa & refried beans

# Nut Allergy Menu

## **Huntsman**

5oz Sirloin steak pan fried with sauteed mushrooms & onions served with a baked potato and salad

## **Philly Steak**

5oz Sirloin steak pan fried with sauteed peppers & melted mozzarella and cheddar cheese served with baked potato and salad

## **Gammon Steak**

A Juicy piece of prime pig pan fried served with a baked potato and salad

## **New York Chicken**

Pan fried chicken breast topped with ham and cheese served with a baked potato and salad

## **Pan Fried Chicken Breast**

Chicken Breast pan fried and served with a baked potato and salad

## **Any of our Steaks**

All our Steaks are cut from prime beef pan fried the way you like & served with a baked potato and salad

## **Steak Sauces**

**Jack Daniels** - Mushrooms and onions cooked with a shot of JD with demi glace and cream

**Diane** - Traditional red wine and mushrooms

**Blue Cheese** - A creamy stilton sauce