

JACK'S

BAR & GRILL (GLUTEN FREE MENU)

APPETISERS

Small but tasty dishes to stimulate your appetite.

HOUMOUS & CRUDITES (V) £4.00

MARINATED OLIVES & FETA CHEESE(V) £4.50

STICKY CHIPOLATAS £4.95

STARTERS

GLUTEN FREE BREAD (V) £4.95

Red pepper houmous & Garlic butter

FRESHLY MADE SOUP OF THE DAY. (V) £4.95

Gluten free bread.

JACKS MEATBALLS. £5.95

Lamb meatballs, apricot chutney & tzatziki foam.

HALLOUMI KEBABS. (V) £5.95

Mixed leaf salad

SALT & PEPPER CHICKEN WINGS. £6.25

Chili, ginger & garlic

JACKS SLOW COOKED BBQ RIBS £6.25

JACKS CLASSICS

NORTH ATLANTIC COD £14.50

Mash, savoy cabbage & pancetta

PANFRIED SCOTTISH SALMON SUPREME £14.50

Bubble & squeak, wilted greens, Sauce Vierge.

ENGLISH PEA AND ASPARAGUS RISOTTO(V)£11.95

Mint, mascarpone, parmesan.

FROM THE GRILL

*All our carefully selected steaks are aged for 28 days
and come served with grilled tomato, mushroom &
house chips.*

7OZ FILLET £23.95

A tender cut of beef taken from the smaller end of the tender loin.

10OZ SIRLOIN £19.50

A lean, well flavored steak cut from the back of the animal.

10OZ RIBEYE £19.50

A rich steak cut from the rib section, generous in marbling throughout.

GOURMET MIXED GRILL £21.95

5oz Sirloin, bacon chop, marinated chicken skewer, fried Egg, Grilled tomato, flat cap mushroom & skinny fries.

PIRI PIRI CHICKEN SKEWERS. £12.50

Spicy rice & sweet potato wedges

10OZ SWEET CURED BACON CHOP. £13.95

Chips, fried hens egg, garden peas, grilled pineapple.

SAUCES £2.00

PEPPERCORN SAUCE

DIANNE

GARLIC BUTTER

RED WINE SAUCE

SIDES £3.95

CREAMED MASHED POTATO

SEASONAL VEGETABLES

GREEN BEANS & SHALLOTS

SWEET POTATO WEDGES

HANDCUT CHIPS

ROQUETTE & PARMESAN SALAD

CAJUN SPICED FRIES

JACKS GLUTEN FREE DESSERTS

ALL £5.95

WARM CHOCOLATE BROWNIE

Honeycomb, marshmallows & vanilla ice cream.

FIZZY VIMTO JELLY

Seasonal fruit cocktail, crème anglaise foam.

SELECTION OF CHEESE

Chutney, grapes & celery.

