

Gluten Free Ala Carte Lunch Menu

Nibbles - Gluten free bread, hummus & aioli £3.50 (serves up to 4) Olives £3

Starters

Courgette soup, goats cheese, herb oil & gluten free bread	(v)	£5.50
Grilled Mediterranean prawns with sweet chilli, lime & coriander		£9.00
Charcuterie board cured meats, pickled vegetables, parmesan cheese		£8.75
Butternut squash risotto with toasted hazelnuts, balsamic reduction & nut oil		£8 / £12.00

Light Lunch

Fisherman's Platter – squid with Japanese coleslaw, prawn cocktail, smoked salmon, tartar sauce & mussels		£13.00
Smashed avocado & poached eggs on gluten free toast, topped with red chilli's & crumbed feta	(v)	£7.50
Caprese bruschetta- Fresh tomatoes, poached eggs and basil pesto on gluten free toast	(v)	£7.50
Chicken, bacon, avocado, tomato, lettuce & herb mayo club sandwich in gluten free bread, fries		£8.50
Grilled halloumi sandwich with sundried tomato pesto, Mediterranean vegetables, rocket salad & fries		£7.50
Chicken Caesar salad – chicken, cos lettuce, anchovies, Caesar dressing & parmesan OR Prawn Caesar salad		£8.50

Main Courses

Braised feather blade of beef, confit cherry tomatoes, hasselback potatoes & roast shallots with confit tomato sauce		£19.00
Lamb cutlets with heritage carrots, rainbow chard & spinach with an orange, thyme and garlic glaze		£18.00
French trimmed pork chop with sticky Asian marinade, parmentier potatoes & tarragon dressed garden salad		£17.00
Spiced confit duck leg with pomegranate & pink peppercorn, peacock kale and roast new potatoes		£17.50
Garlic & rosemary marinated char-grilled chicken with béarnaise sauce, skinny fries, rocket, shallot & parmesan salad		£14.50
Broccoli, white bean and harissa burger, tarragon dressed garden salad, carrot and lime Zhug, tomato chutney & skinny fries	(v)	£12.00
8oz – Char-grilled 28 day aged Shorthorn fillet steak & hand cut chips		£28.00
10oz – Char-grilled 35 day aged Hereford sirloin steak & hand cut chips		£24.50
8oz – Char-grilled 28 day aged D rump steak & hand cut chips		£20.00
Muse burger, gherkin & tomato salad, tomato chutney, Muse ketchup, char-grilled gluten free bun and skinny fries OR add bacon and cheese		£13 / £14.50
Beetroot falafel, hummus and salad with tahini soy yoghurt, Asian slaw & mango	(v)	£12.00

Side orders

Poivre or béarnaise sauce	£2.50	Skinny fries	£2.75
Green beans & flaked almonds	£3.00	Braised red cabbage	£3.00
Proper chips	£2.75	Carrots pesto & parmesan	£3.00
Dauphinoise potatoes	£4.50	Muse leaf salad	£3.50

Please note Allergen menu available upon request. An optional gratuity of 10% will be added to all tables of 6 or more adults. All gratuities are fully and fairly distributed to all staff members.