

# Gluten Free Ala Carte Lunch Menu

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

## Starters

Beetroot soup, soya yoghurt, toasted pumpkin seeds & 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
Mussels with a white wine, shallot, garlic & cream sauce		£9.00
Pea & dill risotto with smoked salmon and caper berries		£8 / £12.00

## Light Lunch

Fisherman's Platter – squid with Japanese coleslaw, prawn cocktail, smoked salmon, tartar sauce, mackerel		£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)	£6.50
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 garlic mashed potato, fricassee of peas and broad beans, pea puree and madeira jus		£19.00
Braised lamb shank, olive oil mashed potato, roast heritage carrots, spinach and sherry reduction		£18.00
Sticky belly pork, cauliflower & mango rice, char grilled spring onion, madeira jus		£17.00
Pan fried sea bream, forestiere potatoes, wild mushrooms, carrot puree & port jus		£17.50
Garlic & rosemary marinated char-grilled chicken with béarnaise sauce, skinny fries, rocket, shallot & parmesan salad		£14.00
Potato & aubergine moussaka with tomato, topped with tofu & cashew cream with green beans & flaked almonds	(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		£19.00
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
Falafel burger, grilled mushrooms, tzatziki, tomato chutney & skinny fries	(v)	£11.00

## Side orders

Poivre or béarnaise sauce	£2.00	Skinny fries	£2.75
Green beans & flaked almonds	£2.75	Braised red cabbage	£2.75
Proper chips	£2.75	Carrots pesto & parmesan	£2.75
Dauphinoise potatoes	£4.50	Muse leaf salad	£3.00

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.