



# THE PRACTITIONER

## NON-GLUTEN MENU

### BAR SNACKS & SHARERS

#### **PADRON PEPPERS (VE) £3.75**

Roasted with Maldon sea salt.

#### **MIXED OLIVES (VE) £3.00**

#### **BAKED IN THE BOX CAMEMBERT (V) £6.95**

Toasted non-gluten bread and Tracklements sticky fig relish.

### SMALL PLATES

THREE FOR £14.50 FIVE FOR £22.50

#### **GRIDDLED HALLOUMI CHEESE (V) £5.95**

Roasted vegetables, balsamic, garlic, olive oil, rocket and herb dressing.

#### **HUMMUS (V) £5.25**

Smoked paprika, baby vegetables and non-gluten bread.

#### **POTTED SWEET POTATO (V) £5.25**

Tracklements onion marmalade, toasted non-gluten bread, crushed walnuts and olive oil.

#### **STUFFED VINE LEAVES (VE) £5.25**

Pomegranate dressing, green salad and pomegranate seeds.

#### **KALE AND HERITAGE TOMATO SALAD (VE) £5.95**

Rocket leaves, kale and olive oil dressing.

#### **MISO SOUP BOWL (V) £5.50**

Asian stock, tofu, spring onion, red chilli and coriander.

#### **MARINATED CHICKEN THIGH SKEWERS £5.95**

Lemon and thyme marinade, rocket and pomegranate dip.

#### **DEVILLED KING PRAWNS £5.50**

On avocado with Sriracha sauce.

### MAIN PLATES

#### **COURGETTI (VE) £8.95**

Butternut squash, herb oil, lemon, pomegranate seeds, baby spinach, lemon and olive oil.

#### **SUMMER SALAD (VE) £7.25**

Baby spinach, edamame beans, green pepper, chilli, red cabbage, carrot with lemongrass and ginger dressing.

*Add poached chicken / grilled prawns for £3.00*

#### **PERI PERI CHICKEN £10.25**

Marinated half chicken on the bone served with sweet potato fries, slaw.

#### **SEARED SALMON £11.95**

Cauliflower and pomegranate tabbouleh, baba ganoush, basil and olive oil.

#### **28 DAY AGED GRASS-FED 8OZ SIRLOIN STEAK £15.95**

Sea salted fries, creamed spinach, beef tomato and flat mushroom.

*Add peppercorn sauce £1.00*

*Swap fries to sweet potato fries for £1.00*

### OUR SIGNATURE BURGERS

*Served in a non-gluten bun with salad, burger sauce and sea salted fries.*

#### **BEEF £10.25**

#### **CHICKEN BREAST £9.95**

*Add cheese and bacon £1.00 each*

#### **SWEET POTATO AND HALLOUMI STACK (V) £9.25**

*Swap fries to sweet potato fries for £1.00*

## BRUNCH

*Available Monday to Friday 9.30-11am and weekends 9.30am-2pm  
(All our eggs are free range)*

### **EGGS ROYALE £6.95**

Poached eggs on a toasted non-gluten roll topped with smoked salmon and hollandaise sauce.

### **EGGS BENEDICT £6.75**

Poached eggs on a toasted non-gluten roll topped with smoked streaky bacon and hollandaise sauce.

### **EGGS FLORENTINE (v) £6.50**

Poached eggs on a toasted non-gluten roll topped with baby spinach and hollandaise sauce.

### **BACON SANDWICH £3.50**

Sliced non-gluten bread.

### **SMOKED SALMON AND SCRAMBLED EGGS £7.95**

Chives, black pepper and lemon.

### **CHORIZO HASH £6.25**

Red peppers, onion, fried potato, 2 poached eggs and Sriracha sauce.

### **AVOCADO ON NON-GLUTEN TOAST (v) £6.50**

Poached egg and chilli sauce.

## LUNCH

*Available Monday to Friday 12-5pm  
With a mug of sea salted fries or house salad*

### **AHT SANDWICH (v) £8.00**

Avocado, halloumi, tomato, herb oil and Tracklements onion marmalade.

### **CHICKEN AND BACON CLUB £8.00**

Triple layered non-gluten bread sandwich, soft boiled egg, tomato, gem lettuce and mayonnaise.

### **STEAK SANDWICH £8.00**

Sliced non-gluten bread, Tracklements onion marmalade, rocket and horseradish.

### **REUBEN SANDWICH £8.00**

Toasted non-gluten bread, pastrami, sauerkraut, Emmental cheese and mustard mayonnaise.

## SIDES

### **FRIES OR CHUNKY CHIPS (v) £3.25**

Sriracha mayo.

### **SWEET POTATO FRIES (ve) £3.50**

### **HOUSE SALAD (ve) £2.00**

Tomato, cucumber, baby spinach, red pepper, red onion and mixed grains.

## DESSERTS

### **SALTED CARAMEL CHEESECAKE (v) £4.95**

Dulce de leche sauce.

### **WARM CHOCOLATE BROWNIE (v) £4.95**

Vanilla ice cream and chocolate sauce.

(v) suitable for vegetarians. (ve) suitable for vegans.

Fish and poultry dishes may contain bones. All weights are approximate prior to cooking.

All items are subject to availability.

**ALLERGEN INFORMATION.** If you have any allergies or dietary requirements please speak to our team for more information. Our kitchens contain many ingredients and so we cannot guarantee the total absence of nuts, gluten or other allergens. A full list of allergens in each dish is available for your peace of mind.

All prices include V.A.T.

SERVICE IS NOT INCLUDED. ALL TIPS ARE RETAINED BY THE GRATEFUL TEAM.