



# THE PRACTITIONER

## NON-GLUTEN MENU

### BAR SNACKS & SHARERS

#### **PADRON PEPPERS (VE) £3.75**

Roasted with Maldon sea salt.

#### **BAKED IN THE BOX CAMEMBERT (V) £7.25**

Toasted non-gluten bread and Tracklements onion marmalade.

#### **SMOKED MIXED NUTS (VE) £3.25**

#### **MARINATED MIXED OLIVES (VE) £3.00**

#### **BABA GANOUSH & HUMMUS PLATE (V) £8.95**

Traditional hummus, smoked paprika, homemade baba ganoush, baby vegetables and seeded non-gluten roll.

### 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 seeded non-gluten roll.

#### **DEVILLED KING PRAWNS £5.65**

Guacamole and Sriracha hot sauce.

#### **SWEET POTATO FALAFELS (V) £5.95**

Sour cream, coriander.

#### **MARINATED CHICKEN THIGH SKEWERS £6.25**

Red pepper and chilli marinade, rocket and pomegranate.

### MAIN PLATES

#### **SWEET POTATO & BUTTERBEAN STEW (V) £10.25**

Sweet potato falafels, baked seeded non-gluten roll.

#### **COURGETTI (VE) £9.25**

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

#### **PROSECCO & COURGETTE RISOTTO (V) £8.95**

Olive oil, toasted seeds, rocket, Gran Moravia hard cheese crisp.

*~Add poached chicken / grilled prawns / griddled halloumi for £3.00*

#### **ROAST SEABASS £11.95**

Quinoa stir-fry, herb oil, lemon.

#### **PERI PERI CHICKEN £10.50**

Marinated half chicken on the bone, sea salted fries and slaw.

#### **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 seeded non-gluten roll with salad, burger sauce and sea salted fries.*

#### **BEEF £10.50**

#### **CHICKEN BREAST £9.95**

*Add cheese and bacon £1.00 each*

#### **SWEET POTATO AND HALLOUMI STACK (V) £9.45**

*Swap fries to sweet potato fries for £1.00*

## BRUNCH

*Available 9.30am-2pm Monday to Friday, till 2pm at weekends  
(All our eggs are free range)*

### **HALLOUMI BREAKFAST (v) £8.95**

Grilled halloumi, poached egg, potato rösti, flat mushroom, beef tomato and hollandaise sauce.

### **EGGS ROYALE £6.95**

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

### **EGGS BENEDICT £6.75**

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

### **EGGS FLORENTINE (v) £6.50**

Poached eggs on a toasted seeded 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.

## 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.

### **HOUSE SALAD (ve) £2.00**

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

## DESSERTS

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

Vanilla ice cream and chocolate sauce.

### **TREACLE SPONGE (v) £4.95**

Vanilla custard.

(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. Non-gluten menu is available upon request. If you have any allergies or dietary requirements please speak to our team for more information. Our kitchens contain many ingredients 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. Our grateful team receive 100% of your tips, with all associated transaction fees paid by McMullen and Sons.