

Gluten free Menu



- Ham hock terrine £6
- Hot Pot Prawns King Prawns with a red Thai broth
£6
- Southern fried mushrooms with chipotle chilli jam
£6
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- 10oz Rump steak with Portobello mushroom, cherry tomato, onion rings, coleslaw rustic chips and leaf garnish £18
- Surf and Turf, as above with whole king prawns £22
 - Fetta & spinach stuffed pork chop on a bed of whole grain rice & Greek salad £13
- Arms Burger, 5oz Cornish beef burger topped with homemade pastrami, Swiss cheese, pickles & mustard mayo all inside a gf bun £10
- Salt & Pepper chicken & pancetta salad with new potatoes £12
- Tikka salmon fillet with green beans, crushed new potatoes £14
- Seafood spaghetti with a cream & white wine sauce £12
- Homemade Pie with chips, peas & Gravy £10

Desserts

Hot Syrup sponge & custard

Chocolate Brownie & ice cream
Apple crumble & clotted cream