

STARTERS

Cherry tomato, spring onion, red onion, basil and garlic bruschetta infused with balsamic vinegar on toasted foccacia with garlic butter, wild rocket and cucumber ribbon salad (G,V,GFO)	£7	Traditional prawn cocktail with Marie Rose and cayenne pepper sauce, shredded iceberg lettuce, cucumber ribbons and toasted French baguette with butter (G,D,GFO)	£10
Spiced maple sticky chicken lettuce wraps with carrot, spring onion, chilli, lime and toasted sesame seeds (N,D,GFO)	£9	Roasted carrot and coriander soup with crispy onion, pea shoots and coriander garnish served with toasted sour dough (G,V,GFO)	£8

MAINS

8oz (225g) 28 day aged Chandler and Dunn steak with triple cooked skin on chips, roasted field mushroom, roasted vine tomatoes and onion rings (GFO,D)	Sirloin Fillet	£27 £42
V Gastro BBQ Southern Soul burger with beetroot bun, coconut and cracked black pepper chicken breast, bacon, roasted pineapple, Emmental cheese, honey sriracha mayonnaise, tomato, baby gem lettuce, BBQ sauce, spiced potato wedges and apple coleslaw (D,G)		£20
V Gastro BBQ Southern Soul vegetarian burger with halloumi also available as above but no bacon chicken or Emmental (G,D,V)		£18.50
V Gastro seafood linguini, king prawns, salmon, cod, baked fennel, red peppers, spring onion, cherry tomatoes and spinach, infused with a spiced mango, sesame seed, white wine and garlic sauce with wild rocket garnish (GFO,D,N - contains sesame seeds)		£25
Steak and kidney pudding with creamy chive mashed potatoes, buttered savoy cabbage and green beans with peppered onion gravy (G,D)		£19
Sweet potato & coconut curry with lime and coriander infused rice, toasted flatbread, spring onion and pomegranate garnish, mango chutney and crisp papadam (V,G,GFO,N)		£18
Pan fried salmon fillet with ginger, soy, spring onion and honey glaze, crushed chive new potato rosti, buttered tender stem broccoli, baby corn and carrots and house salad (GFO,D)		£24
The Meat in Place Cumberland sausages with creamy chive infused mashed potato, rich red wine and onion gravy, buttered broccoli, crispy onions, spring onions and pea shoots (G,D)		£18

VGASTRO POKE BOWLS

Pan seared tuna steak with soy, ginger and honey glaze **OR** Teriyaki chicken **£18.95**

Griddled halloumi with caramelised red onion & cracked black pepper sauce (V) **£16.95**

All our poke bowls come with mango, tomato, onion, lime and coriander salsa, edamame beans, vanilla infused pickled red cabbage, fresh avocado, pickled carrot, sesame ginger seaweed, cucumber ribbons and coriander, lime infused rice (G,N)

SIDES & EXTRAS

Triple cooked skin on chips (GFO) **£4**

House mixed leaf salad **£4**

Peppercorn sauce or garlic butter (G,D) **£2.50**

Onion rings (G) **£3**

DESSERTS

Banoffee pie pot with chantilly cream and chocolate sauce (D,GFO) **£7**

Apple and cinnamon frangipane with Devon custard (D,G) **£8**

Warmed morello cherry and Belgian chocolate waffle with vanilla ice cream (D,G) **£7**

Baked dark chocolate brownie with chocolate sauce, and salted caramel ice cream (GFO,D - gluten free served with vanilla ice cream) **£9**

Cafe affogato with salted caramel ice cream and toasted hazelnuts (D,N,G) - GFO served with vanilla ice cream, decaffeinated also available **£7**

Cookies and cream cheesecake cup with chantilly cream and belgian chocolate sauce **£7**

Three specially selected cheeses, grapes, crackers & Mrs Mckenzie's tomato kasundi chutney (our crackers may contain traces of nuts GFO,N,D) **£13**