



GLUTEN FREE  
FOOD

# GLUTEN FREE GRUB

please place your order at the bar or with your server at your table  
please make it clear you are ordering from the gluten free menu

## STARTERS

**MARINATED OLIVES** (veg) fresh olives marinated in herbs . £3.50

**SPICED NUTS** (nuts, veg) homemade spiced nuts . £3.50

**HUMMUS & PERI** (nuts, veg), fresh hummus, corriander, peri drizzle, with (gf) toast and crisp tortilla . £4.95

**YORKSHIRE POUTINE** hand cut chips, cheese, slow cooked beef, gravy . £6.25

**BUTTERMILK PRAWNS** prawns, buttermilk crumb, deep fried pickle, pineapple bbq . £6.75

**PERSIAN TOASTIE** (veg), toasted tortilla, spinach, tomato, olives, hummus, vegan cheese . £5.95

**SALT AND PEPPER RIBS** crispy fried salt and pepper ribs, asian dipping sauce . £5.95

**INDIAN TATER TOTS** (veg), crispy potato pieces, chilli, corriander, pickled onion, yoghurt, masala ketchup . £4.95

**COWBOY FRIES** crispy fries, layered with cheese, bacon, BBQ sauce . £5.50

**KOREAN CHICKEN BALLS** buttermilk chicken bites, tossed in korean BBQ sauce . £5.25

**STICKY PIGS** baby pork bangers, in a sticky sweet and spicy glaze . £5.75

**STICKY TEMPEH** (veg) pieces of tempeh cooked in a sticky glaze . £5.75

 **WINE DOWN WEDNESDAYS** ANY 3 SMALL PLATES AND A GLASS OF WINE\* FOR £10.95 WEDNESDAYS FROM 5pm  
£1 surcharge on ribs, prawns & poutine  
\* 175ml Altoritas Sauvignon or Merlot, other drink options available  **WINE DOWN WEDNESDAYS**

## SHARERS

**SO! GARLIC** (v) melted garlic butter, and warm (gf) bread to tear and dunk in . £6.95

**CHEESE FUNDO** (v) four types melted cheese, garlic, herbs and soft onions, with (gf) toast . £6.95

**LOADED NACHOS** (v) tortillas, melted cheese, guacamole, salsa, soured cream, jalapeno . £7.50

+ **topping** spiced pulled beef £3.50, buttermilk chicken £3.50, spiced chickpeas (v) £2.50

**WINGS** deep fried and tossed in your favourite sauce . 6/£5.50, 12/£9.50, 24/£16.95

+ **sauce** SO! Peri peri (🍴), BBQ, korean (🍴), hot & sticky (🍴), masala (🍴), garlic butter

**VEGAN WINGS** (veg) southern crumbed cauliflower wings, peri peri and mint dressing . £5.95

## HEALTHIER MAINS & SALADS

**STEAK & PASTA** (gf) sliced rump steak tossed with penne pasta, beetroot chutney, broccoli . £10.95

**SPICED SMOKED HADDOCK** (gf) peri peri bake smoked haddock, kale and fennel slaw, perinaise . £11.95

**MUSHROOM & OLIVE STIR FRY** (veg, gf) mushroom, kale, fennel, spinach, red onion, olive, garlic dressing. £8.95

**ASIAN SALAD** (gf, veg\*) noodles, bean sprouts, red pepper, carrot, cabbage, cucumber, soy chilli dressing . £9.95

**INDIAN SALAD** (gf, veg\*) rice, chickpeas, cauliflower, carrot, spinach, herbs, tomato, chat masala . £9.95

**SUPER FOOD SALAD** (nuts, gf, veg\*) kale, spinach, fennel, avocado, carrot, cabbage, spiced nuts, beet ketchup . £9.95

add a salad topping - buttermilk chicken, BBQ tempeh strips (veg), mex crumbed mushroom (veg),  
5oz rump steak and prawn lollipop +£3.25

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## SARNIES

all served with fries and in gluten free wrap, unless otherwise stated

**CAJUN MELT** cajun spiced chicken, melted cheddar, mayo, tomato . £8.75

**THE PO BOY** crispy coated king prawns, garlic butter, iceberg, perinaise . £9.95

**BOLLYWOOD BURITTO** (nuts, veg) spiced potato, chickpeas, cauliflower, spinach, mint dressing, chilli jam . £9.25

**CUBAN TOASTIE** ham, swiss, cheddar, dill pickle, mustard, spiced mayo, tomato, red onion. £8.95

**MEXICAN WRAP** (v\*) salsa, guacamole, soured cheese, cheddar, iceberg, mex chicken or mushroom (veg) . £9.75

**PHILLY STEAK** char grilled steak, cooked to your liking, cheddar, fried onion, mushroom, peppers . £10.95

**DUNKIN BEEF WRAP** yorkshire pud wrap, pulled beef, red onion, leaf, tomato, mustard mayo, gravy . £9.95

+ £1 UPGRADE TO SWEET POTATO FRIES / + £2.25 WHY NOT ADD A POT OF HOMEMADE SLAW

**SARNIE OF THE MONTH: BBQ BEEF TACOS** (gfi).....£9.25

Three soft tacos topped with BBQ beef, salsa, avocado, pickled red onion, leaf and finished with a herb crème fraiche. served with fries

## BURGERS

served with fries. in a gluten free bun or if you want it buck nekid, in lettuce instead of bun, just ask

**SO! CLASSIC** beef patty, iceberg, tomato, red onion, american mustard, pickles, ketchup . £8.95

**SYMPATHY WITH THE DEVIL** cajun beef patty, cheddar, chilli jam, jalapeno, chorizo, salad, peri on side . £11.95

**MORNING GLORY** beef patty, bacon, mushroom, bangers, egg, onion rings, beans . £12.95

**DOUBLE BUBBLE** beef patty, double smoked bacon, double cheese, BBQ sauce, salad, pickles . £11.95

**LOST BOY** garlic butter stuffed beef patty, garlic mushroom, bacon, swiss cheese, salad, garlic mayo . £12.75

**CLUCKING BURGER** buttermilk chicken, bacon, four cheese, salad, spiced ketchup, mayo, onion rings . £10.95

**LOVE YOU LONG TIME** buttermilk chicken, korean BBQ, bacon, pineapple, mayo, asian salad, feta . £10.95

**CLUB BURGER** buttermilk chicken, smoked bacon, cheddar, salad, garlic mayo . £9.95

**PHISH FOOD** battered haddock, tartare, ketchup, iceberg . £9.75

**KOREAN BURGER** (veg) crispy spiced tempeh patty, korean BBQ, pineapple, pickled asian salad, vegan mayo . £10.95

**NACHO LIBRE** (veg) mex crumb mushroom, guacamole, salsa, onion rings. jalapeno, iceberg, vegan cheese . £10.95

+ £1 UPGRADE TO SWEET POTATO FRIES / + £2.25 WHY NOT ADD A POT OF HOMEMADE SLAW

**BURGER OF THE MONTH: THE HOOF, COOP & SWINE BURGER** (gfi)....£10.95

Pretzel bun layered with a buttermilk chicken patty, BBQ beef burnt ends, smoked bacon, cheddar cheese, pickled slaw, iceberg and perinaise. served with fries

## SO! BUTTERMILK FRIED CHICKEN



our classic buttermilk marinated chicken, dredged in our secret spiced flour blend and deep fried.

dipping sauce SO! Peri peri (🍴) / BBQ / korean (🍴) / garlic butter / masala ketchup (🍴) / hot & sticky (🍴)

**FRIED CHICKEN SUPPER** buttermilk chicken breast, fries, cajun corn on cob, slaw, dipping sauce . £11.50

**DIRTY BIRD PLATTER** buttermilk chicken breast, 6 wings, fries, cajun corn on cob, slaw, dipping sauce . £16.95

**FOWL & SWINE FEAST** buttermilk chicken, popcorn chicken, half rack of ribs, fries, cajun corn, sauce . £20.95

**BUTTERMILK PARMO** buttermilk chicken, with bechamel, melted cheese, bacon and BBQ, fries, salad . £11.95

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## RIBS & COMBOS

all served with fries onion rings and slaw

**CLASSIC RACK OF RIBS** slow braised rack of ribs, marinated in our sweet sticky BBQ glaze . **£17.95**

**RIBS & CLUCK** half rack of ribs, buttermilk chicken and cajun corn on cob . **£18.95**

**RIBS & MOO** half rack of ribs, 5oz rump steak cooked to your liking and cajun corn on cob . **£19.50**

### COMBO EXTRAS:

peppercorn sauce £2.75, gravy £2.25, cajun corn on cob (v) £2.50, roast mushroom (v) £1.75, side salad (v) £2.95

## THE CLASSICS

**STEAK & CHIPS** 10oz rump steak, hand cut chips, onion rings, grilled cherry tomato . **£17.95**

### STEAK EXTRAS:

peppercorn sauce £2.75, gravy £2.50, cajun corn on cob (v) £2.50, roast mushroom (v) £1.75, side salad (v) £2.95

+ £1 UPGRADE TO SWEET POTATO FRIES / + £2.25 WHY NOT ADD A POT OF HOMEMADE SLAW

**BAKED HAM & EGGS** thick cut ham, hand cut chunky chips, 2 poached eggs . **£8.95**

**FISH & CHIPS** battered haddock, hand cut chips, mushy peas (+ gravy £1.95) . **£11.95**

**CLASSIC EGG & CHIPS** (v) lashings of hand cut chips, 2 fried eggs (+ beans £1 / bread and butter £1) . **£5.95**

## SIDES

**ONION RINGS** (v) golden and crispy lightly spiced batter . **£3.50**

**CAJUN FRIES** (v) golden crispy fries tossed in a cajun spice . **£3.25**

**SWEET POTATO FRIES** (v) a little less naughty than fries . **£3.25**

**SIDE SALAD** (v) mixed leaf, cherry tomato, cucumber, pepper, red onion, dressing . **£3.25**

**CAJUN BUTTERED CORN** (v) whole corn cob with a side of cajun butter . **£2.50**

## NAUGHTY BUT NICE

**STICKY TOFFEE PUDDING** (nuts, v) rich toffee sponge, toffee sauce and vanilla ice cream . **£5.50**

**APPLE & PLUM TART** (nuts, veg) rich apple and plum tart, berry coulis, vanilla ice cream . **£5.50**

**CHOCY CLEMENTINE TART** (nuts, veg) a rich chocolate and clementine tart with orange sorbet . **£5.50**

**VANILLIS ICE CREAM** (v, veg\*) locally produced artisan icecream, ask about our flavours . **£5.50**

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**DONT FORGET TO CHECK OUT OUR MONTHLY SPECIALS  
AND WEEK DAY BEGGARS BANQUET OFFERS**

we cannot list all the ingredients in our dishes, if you have a specific allergy or dislike please highlight it to one of our service team. we cook all our dishes from fresh, where possible we will try and meet any of your specific dietary requirements. (veg) vegan, (v) vegetarian, (veg\*, v\*) vegan / vegetarian (with correct topping), (nuts) contains nuts, (sp) spiced dish. all items are subject to availability.  
all our food is prepared in the same kitchen as products that contain nuts and gluten, and therefore may contain trace elements of them.