

Gluten Free Menu

CUBAR★

Tablas

- **Cured Meat & Cheese Board** serrano ham, iberico de bellota, lomo iberico, peppered lomo salami & swiss gruyere. £11.75
- **Warm Gluten Free Bread** with whipped butter. £5.25
- **Share Board** hummus, ricotta stuffed african peppers, halloumi wedges, mixed mini kofta, mixed olives, chorizo slices, peppered salami, cubano jambon pate & swiss gruyere served with GF tostadas. £27.50

Para Picar / Snack & Share

- **Hummus** with rapeseed oil & smoked paprika served with GF Croutes. £5.95
- **Mixed marinated Olives.** £5.95
- **African Peppers** stuffed with Ricotta. £6.55
- **Fresh Buffalo Mozzarella** with mixed Inca tomatoes, basil pesto & balsamic glaze. £7.95
- **Cubano Jambon Pate** jamon y queso, served with GF tostadas. £5.95

Del Mar / The Fish

- **El Cayo King Prawns** garlic, chilli flakes, spring onions, lemon & chive. £12.55
- **Fish Cakes** fresh chilli, coriander, lime, red curry paste & sweet chilli dipping sauce. £7.95
- **Spiced Crispy Soft-Shell Crab** with nigella seeds, coriander & lime aioli. £8.45
- **Whole Grilled Seabass** served with green caper, lemon & garlic vinaigrette. £11.45
- **Mussels** sautéed in white wine & garlic, finished with cream & parsley. £8.25

Del Ganado / The Meat

- **Havana Spiced Wings** or **Hickory BBQ Wings**, smoked spice rub, lime, chives & ranch dip. £8.95
- **Trio of Mixed Kofta** salt and pepper chicken, moroccan beef & minted lamb served with a riata dip. £7.95
- **Pan Frito Chorizo** sautéed chorizo with sofrito, red wine & olives. £8.95
- **Ribeye Steak** served pink with fresh chimichurri. £15.55
- **Beef Meatballs** served in a tomato sofrito sauce with fresh parsley. £8.95
- **Grilled Jamaican Jerk Chicken Thigh** fresh pineapple & red pepper salsa. £10.55
- **Deep Fried Plantain Baskets** served with cuban picadillo topped with melted gruyere. £8.55

De La Tierra / The Vegetables

- **Patatas** roasted potatoes tossed in a fresh basil pesto. £6.95
- **Roast Sweet Potato** with spinach, garlic & feta cheese. £6.95
- **Halloumi Wedges** served with sweet chilli sauce. £6.95
- **Blistered Padron Peppers** with sea salt, balsami & feta. £7.55
- **Mami's Cuban Congri** traditional black bean rice with garlic, cumin & oregano. £5.95
- **Spiced Tempura Vegetables** chicory, broccoli, asparagus & mushroom in a light batter served with a butternut puree. £7.55
- **Oven Baked Feta** with sun blushed tomatoes, olives & peppers served with GF bread. £7.55