



GLUTEN FREE MENU



hungry? good, lets eat

hi we know how much of a pain it can be to search through a menu and find those dishes without gluten, so we have done the hard work for you.

whilst we ensure all the ingredients we use in making these dishes are gluten free and we will prepare them separately, please be aware your dish is cooked in a kitchen that contains gluten.

please ensure you inform your server that you are ordering from the gluten free menu

SUPPING SNACKS



A SELECTION OF NIBBLES, SMALL PLATES AND SHARING FOOD TO SNACK ON WHILE ENJOYING A BEER, GIN, WINE OR COCKTAIL OR AS PART OF YOUR MEAL

NIBBLES 'N' STUFF

SO! GARLIC(v).....£5.50

melted garlic butter with bread and farinata to tear. dip & suck on.

HUMMUS(v, n).....£4.75

hummus drizzled with oil and dukkah. served with slices of toasted farinata and celery sticks add a shot of peri peri (j) or pesto to drizzle on for 75p.

MINI POPPADOMS(v).....£4.25

mini poppadoms served with masala ketchup (j) and mint yoghurt.

SMALL PLATES

FALAFEL & HUMMUS(v, n).....£4.95

homemade falafel. hummus. pickled beetroot. dukkah and pieces of farinata.

POSH CHEESE AND TOMATO TOASTS(v).....£4.95

posh four cheese toasts topped with skewers of grilled garlic and balsamic cherry tomatoes.

SPICED SKEWERS(j).....£5.95

pork and beef skewers with a fresh pickled slaw. tortilla and chilli jam.

MASALA PRAWNS(j).....£6.95

large prawns in a creamy masala sauce with farinata and poppadoms.

FOUR CHEESE FONDUE(v).....£6.95

mozzarella. oozy soft cheese. feta & sharp cheddar melted with thyme. garlic and spring onions. served with a selection of breads to dunk with.

LOADED FRIES

CHIPS AND DIPS(v).....£4.25

trashy fries with garlic mayo and chilli jam. switch to sweet potato fries + £1.00.

POSH CHIPS & CURRY SAUCE(v, j).....£4.95

homemade chips with a portion of our homemade masala sauce.

COWBOY FRIES.....£4.25

cajun fries. grilled cheese. bacon and BBQ sauce. switch to sweet potato fries for £1.00.

NACHOS

NACHOS...£7.25 (v*), **MUCHAS NACHOS** £9.50 (v*)

tortilla chips topped with melted cheese. salsa. guacamole & soured cream. finished with sliced red onions and jalapenos

ADD A TOPPING: CHILLI BEEF +£2.95, CHICKEN +£2.95, SPICED CHICKPEAS(v) +£1.75

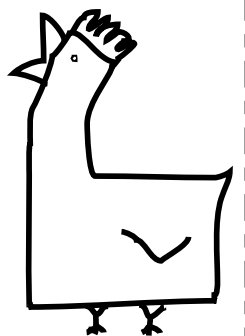
I. FIRST CHOOSE HOW MANY

half kilo.....£7.50, kilo.....£12.95

II. NOW ADD A LICKIN LIQUOR

classic so! peri butter (j). BBQ. garlic butter or cajun butter

WINGS



SARNIES

all our sarnies are served with fries and slaw, in gluten free bread unless otherwise stated

CAJUN CHICKEN MELT.....£7.25

cajun spiced chicken with melted cheese, roast tomato & mayo.

CHICKEN CAESAR CLUB.....£8.95

sliced lemon and soy chicken breast and smoky bacon topped with cheese, caesar dressing and lettuce.

THE BACON SWISS(N).....£8.75

roast pepper, tomato, pesto, crisp smoky bacon and melted swiss cheese.

THE CUBAN.....£7.75

shredded ham and melted cheese, dill pickle, red onion, tomato and a peri mayonnaise.

SPICED CHICKPEA SHAWRAMA(V).....£7.25

a wrap filled with spiced roast chickpeas, pickled onion, leaf, hummus, roast tomato and a garlic, herb and tahini dressing.

THE PO BOY.....£9.95

cajun crumb king prawns, crisp leaves, garlic butter and a spicy mayonnaise.

MEXICAN WRAP(V*).....£8.95

a wrap stuffed with cheese, salsa, guacamole, soured cream & iceberg, plus your choice of chicken or mushroom (v) in our classic "stinking mexican" crumb.

PESTO STEAK.....£9.95

rump steak sandwiched between soft ciabatta with leaf and fresh pesto.



GO SKINNY IF YOU MUST:
replace your fries with a side salad on any sarnie for + £1

SWEET POTATO FRIES? + £1.00



JUST A LITTLE BIT MORE HEALTHY

in association with



knaresborough we have developed a selection of dishes that are a little more healthy, show us your membership card and get a 25% discount on these dishes before 5pm Monday to Friday.

SMOKED HADDOCK KEDGEREE

462 calories.....£8.95
flaked smoked haddock tossed through spiced brown rice with vegetables and coriander, topped with a poached egg and garlic and mint yoghurt.

MISO NOODLES(V, N)

438 calories.....£8.95
purple sprouting broccoli and toasted peanut stir fry with soy and ginger served on miso and fresh herb rice noodles.

GUJARATI POTATO AND COCONUT ROTI(V*, N)

495 calories.....£9.95
a warm roti bread topped with spiced potato, coconut, cabbage and kale, dressed with fresh mint and lemon dressing, finished with your choice of marinated chicken or spiced roast mushroom(v)

ROAST HAKE WITH PURPLE SALAD

395 calories.....£13.95
hake fillet roast with herbs and garlic and served on a dressed purple salad of beets, cucumber, purple broccoli, spiced seeds and herbs



CHOOSE ANY BOWL & TOPPING FOR £9.50
THE TOPPINGS

lemon & soy chicken, falafel (v) or mex crumb mushroom (v).
exchange your topping for prawn lollipops for £1.95

BUZZIN CHICKPEA, FETA AND HERB SALAD(V*)

roast chickpea tossed with a mix of fresh herbs, spring onion, feta and pickled red onion. we absolutely love this salad its scrummy.

KICKIN ASIAN NOODLE SALAD(V*, N, J)

rice noodles, cucumber, red pepper, carrot, spring onion, mint, coriander, sliced mangetout, leaf, chilli and peanuts, served with a miso dressing.

PURPLE MONSTER SALAD(V*, N)

lashings of great super foods quinoa, beetroot, carrot, brown rice, edamame, spinach and a spiced nut blend, served with a tahini dressing.

THIS SEASONS SALAD

MARKET GARDEN SALAD(V*, N).....£9.50

as the days get warmer we thought we would create a salad to celebrate some great british flavours at this time of the year. asparagus, cucumber, mixed leaf, mint, parsley, cherry toms, peas, pine nuts and pickled red onion in a pesto dressing

we are unable to list all the ingredients in our dishes, so if you have a specific allergy or dislike please highlight it to a member of the bar staff who will discuss it with the chefs for you. because we cook all our dishes from fresh, where possible we will try and meet any of your specific dietary requirements. # calories are an estimation only. ~raw uncooked weight, (v) vegetarian (v*) vegetarian when served with vegetarian topping, (n) contain nuts, spiced dish. all items are subject to availability and items may be substituted for others to fulfil a dish all our food is prepared in the same kitchen as products that contain nuts and gluten, and therefore may contain trace elements of them.

buttermilk FRIED CHICKEN

YES OF COURSE THERE
IS A SECRET BLEND OF
HERBS AND SPICES
ISN'T THERE ALWAYS

SERVED WITH FRIES, SLAW
& CAJUN BUTTER SWEET CORN

1. CHICKEN

we take fresh chicken breast marinate it in buttermilk, dredge it in secret spices and fry until golden

£9.95



2. ADD A DIPPING SAUCE

masala ketchup // peri peri // SO! BBQ Sauce // garlic butter



THE BIT ON THE SIDE

three of our wings served on the side with a promise not to tell your partner £2.95

OR +

BUTTERMILK POPCORN CHICKEN

Why not add a hand full of our buttermilk fried balls to your chicken- 5 £2.95, 10 £4.95

Even better toss them in a sauce for an extra 75p



BURGER KITCHEN

ALL OUR BURGERS ARE MADE WITH 6 OZ'S OF PRIME 100% BRITISH BEEF AND SERVED WITH FRIES AND SLAW. UNLESS WE SAY SO.

MOO ONES

HUMDRUM.....£7.95

yawn yawn. if you want it plain this is it. iceberg. tomato. onion and nothing else.

SYMPATHY WITH THE DEVIL (h).....£10.95

a chorizo spiced. pork and beef burger. cheese. chilli jam. jalapeno. chillies. soured cream. tomato. onion and iceberg. served with our peri peri on the side. add a portion of our chilli beef inside for £1.50.

THE BIG EASY (h).....£10.95

cajun spice. blue cheese. bacon. BBQ. jalapeno. onion rings. parmesan dressing. iceberg. tomato and red onion.

MORNING GLORY.....£11.95

a breakfast on top of a burger. what more do you want? smoked bacon. mushroom. fried egg and onion rings. with beans on the side.

OL'SMOKEY.....£11.50

smoky bacon. cheddar. iceberg. tomato and our BBQ sauce. served with a cajun sweet corn lollipop on the side.

THE POSH ONE.....£10.50

four cheeses. roast tomato and pepper. pesto. iceberg and parmesan mayo.

THE LOST BOY.....£11.50

beef burger stuffed with swiss cheese and garlic butter. topped with garlic mushroom. bacon. more swiss cheese. tomato. onion. iceberg and garlic mayo.

THE PHILLY BURGER.....£10.95

beef burger topped with our pulled beef. fried onions. mushrooms and pepper. melted swiss and cheddar cheese. onion rings and a whole grain mustard mayo.

THE PIGGY BACK BURGER.....£13.50

beef burger topped with smoked bacon and ham. grilled pineapple. pickled beetroot. swiss and cheddar cheese. BBQ sauce and our burger sauce.

CLUCK CLUCK ONES

THE BEST CLUCKING BURGER EVER.....£10.50

buttermilk chicken breast in a crispy sage. thyme and lemon batter. with smoked bacon. four cheeses. onion rings. iceberg. tomato. spiced ketchup and mayo.

LOVE YOU LONG TIME BURGER (h).....£9.95

a crisp coated chicken breast drenched in BBQ sauce and topped with crispy bacon. grilled pineapple. feta. asian slaw and mayo.

BOMBAY SLUMDOG.....£9.50

indian chicken breast topped with bombay potato. onion rings. cucumber. carrot. poppudums. curry ketchup. mint yoghurt and iceberg.

THE OTHER ONES

PHISH FOOD.....£8.95

battered haddock tartare. ketchup & iceberg. simple but a classic.

GETTING VEGGIE WITH IT (v,n).....£8.95

our classic falafel burger topped with roast tomato and pepper. spiced chickpea. pickled onion. dukkah. spinach and a hummus dressing. messy but yummy.

NACHO LIBRE (v).....£9.50

a mexican crumbed mushroom topped with cheese. salsa. guacamole. soured cream. tortilla chips. jalapeno. onion rings and iceberg. a trashy meat free treat.

NOT HERE LONG

THE KOREAN FISH BURGER

Deep fried crisp battered smoked haddock. with spicy Korean sauce. lime mayo. asian slaw and shredded iceberg. Served with fries and cajun sweet corn. It just has to be eaten. doesn't it?

£12.95

BUCK NEKID

IF YOU DONT FANCY THE CARBS TODAY WHY NOT HAVE YOUR BURGER IN CRISPY ICEBERG INSTEAD OF A BURGER BUN. GO THE WHOLE HOG AND EXCHANGE YOUR FRIES FOR A SIDE SALAD FOR AN EXTRA £1

SWEET POTATO FRIES? + £1.00



ADD ANOTHER PATTY TO ANY
OF THE BURGERS FOR £2.50



28 day aged, british farmed beef. served with homemade chips, grilled cherry tomato skewer & homemade onion rings.

100Z SIRLOIN.....£20.95

100Z RUMP.....£16.95

why not add an extra to any of our steaks or ribs

cajun buttered corn on the cob(v) £2.50. half portion of wings £3.75.
3 king prawn skewer £3.95. roast mushroom(v) £1.50 or a side salad(v) £2.75



PEPPERCORN SAUCE 1.95

posh wash

a selection of more refined dishes.

ASIAN SURF & TURF.....£15.95

sliced beef in a sticky asian sauce served on a bed of asian noodles with spiced battered prawns.

SO! LAMB.....£15.95

sweet balsamic, garlic and mint glazed lamb cutlets served on a warm salad of new potato, spinach, pea and crumbled feta.

INDIAN CHICKEN.....£11.50

marinated chicken skewers served on an indian salad with masala sauce and bombay potatoes.

SMOKEY HAKE.....£13.95

sweet paprika dusted hake served on a bed of smoked baked, beans spinach, roast pepper and tomato, finished with a parmesan dressing.

CHICKPEA & MUSHROOM CURRY (v).....£10.95

a rich creamy curry of mushroom, chickpea and spinach served with a mint and corriander quinoa and poppadums

HAVE YOU SEEN OUR DAILY SPECIALS ?

CLASSICS

EGG AND CHIPS(v).....£4.50

a classic that has been on our menu from the start.

BAKED HAM & EGGS.....£7.95

home roast ham served with fries, and poached eggs.

FISH & CHIPS.....£11.25

battered haddock with homemade chips, chip shop mushy peas & our tartare sauce.

ALL DAY BRUNCH.....£6.95

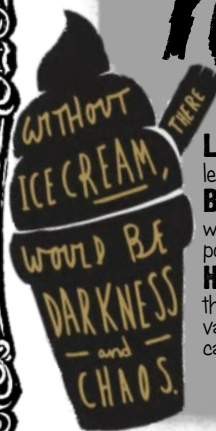
thick slice of sour dough toast, topped with 2 rashers of smoked bacon, two poached eggs, mushroom and grilled cherry tomato, served with a spiced ketchup

VEGGIE BRUNCH(v).....£6.95

slice of sour dough toast, topped with guacamole, grilled mushroom, spinach, grilled tomato, poached eggs and pesto.

so! @ home
love our food and your sofa?
then place an order on
01425 568 834 and take one away

**naughty
but nice**



LEMON POLENTA CAKE(v,n).....£5.95

lemon polenta cake with fruit coulis and raspberry ripple ice cream.

BANOFFIE BROWNIE(v,n).....£5.95

warm chocolate brownie served with a caramel sauce, toffee popcorn and a banoffie ice cream.

HARROGATE ICE CREAM(v).....£4.95

three scoops of artisan ice cream from harrogate's very own vanill's, with a flake for good measure. add chocolate or salted caramel sauce for 75p

A BIT ON THE SIDE

sweet potato fries(v), homemade chips(v), fries(v), onion rings(v), steamed vegetables(v), spinach(v), pesto new potatoes(v), side salad(v) all £2.95