



THE EMBANKMENT

GLUTEN FREE MENU

GLUTEN FREE TOAST & OLIVES

- Gluten Free Toast & Garlic Butter 3.50
Nocerella, Gaeta & Cerignola Olives 3.75
Gluten Free Toast, English Rapeseed Oil & Dukkah 4.75

DELI

Great for sharing, over a drink while you decide.

- Tomato Houmous, Crunchy Chickpeas & Gluten Free Bread 4.00
Spinach Pakoras & Coconut Yoghurt 4.75
Severn & Wye Smoked Mackerel Pâté 4.75

STARTERS

- Baked Camembert, Green Bean & Shallot Salad 8.50 v
Today's Spring Soup – See Blackboard 6.00 v
Creamy Garlic Mushrooms on Gluten Free Toast 7.50 v
Pan-fried Native Scallops, Sweetcorn Purée, Chorizo 11.50
Maple-cured Blythburgh Ham & Pickled Vegetables 7.25
Beetroot Tartare, Gluten Free Toast 6.75
Citrus-cured Salmon, Avocado & Radish 8.25

EITHER / OR

- Free-range Chicken Caesar Salad, Crispy Bacon & Anchovies 8.00 / 15.50
Spiced Cauliflower, Grape, Cashew & Brown Rice Bowl, Coriander, Coconut &
Orange Dressing 6.50 / 12.00
Add Halloumi or Avocado 2.00 v

MAINS

- Market Fish of the Day, Brown Butter, Capers & Shaved Fennel Market Price
Pan-fried Sea Bream, Warm Crab & Samphire Salad, Tomato Salsa 17.50
Jimmy Butler's Pork Chop, Champ Mash, Apple, Shallot & Crackling Jus 17.50
Bedfordshire Lamb Rump, Peas, Broad Beans, Bacon & Rosemary Jus 22.00

STEAKS

We serve the best British beef. Grass-fed, naturally slow-grown on carbon-capturing pasture. Dry-aged by Aubrey Allen for incredible flavour. When only a steak will do, make it one of these beauties.

- 28 Day Dry-aged 8oz Rump Cap Steak 19.75
Butcher's Steak of the Day - See Blackboard
28 Day Dry-aged 10oz Rib Eye 27.00
Served with Buttered New Potatoes & Watercress. Add Béarnaise or Peppercorn Sauce 1.75

SIDES

- Green Salad & Soft Herbs, Avocado Dressing 3.95
Buttered Roseval New Potatoes 3.95 v
Buttered Spring Greens 3.95 v

PUDS

- Crème Brûlée 6.50 v
Sticky Toffee Pudding, Toffee Sauce, Clotted Cream 6.75 v
Peach Eton Mess 6.50 v
Salcombe Dairy Ice Creams & Sorbets 5.75 v
(Choose Three: Vanilla, Chocolate, Strawberry, Honeycomb, Mango or Raspberry Sorbet)
Mini Brownie or Single Smidgen of Cheese & your choice of Coffee or Tea 5.95
Cheese: Our cheeses change with the season & are all served ripe and ready with chutney, apple & gluten free toast
Choose from: Camembert Gillot, Rutland Red v, Strathearn, Blanche Goats v, Northern Blue v
All five cheeses 12.00
Any three cheeses 7.00
A single smidgen of cheese 3.75