



- GLUTEN FREE MENU -

SHARING PLATTERS

Served with gluten free bread

Charcuterie board with cornichons pickles	15.00
Welsh cheese board with chutney & cornichons pickles	15.00
Welsh cheese board with charcuterie, chutney & cornichons pickles	17.50

CAWDOR GOURMET BURGER

Chargrilled chicken burger - smoked bacon, aioli, pulled bbq chicken, 17.50
baby gem lettuce, fresh tomato and red onion.

Served with either gluten free bread or go bunless

BIGGER BITES

Grilled chicken breast with ratatouille and fresh pesto	15.50
Pan fried gammon steak, apple salad, grilled pineapple, poached free range egg and chips	16.00
Welsh mussels steamed in white wine, garlic & shallots, served with chips	16.50
Chargrilled Mediterranean vegetable and tomato risotto with grilled goat's cheese (V)	14.50

SALADS

Roasted chicken breast, smoked bacon and parmesan with Caesar dressing	14.50
Smoked salmon and prawn, Bloody Mary mayonnaise	14.50
Grilled goat's cheese, pickled onion, walnut and pear (V)	14.00
Smoked duck, orange and pomegranate, balsamic reduction	14.00

SANDWICHES

Served on gluten free bread with side salad and Cawdor coleslaw

Welsh Cheddar & chutney (V)	7.00
Welsh beef & horseradish	7.50
Locally cured ham & mustard mayonnaise	7.00
Roasted chicken, rocket & pesto	7.00
Smoked salmon & cucumber	7.50

TOASTIES

Served on gluten free bread with side salad and Cawdor coleslaw

Classic ham & cheese with tomato	7.50
Pulled BBQ chicken or pork with Welsh cheddar and mozzarella	8.50
Welsh Celtic Pride beef with Caerphilly cheese and onion jam	8.50
Local cured bacon, brie and cranberry	8.50
Welsh Green Thunder cheese and tomato chutney (V)	7.50