



Any allergies or dietary requirements  
please let your server know in advance  
of ordering

## Gluten Free Menu

### TO START

**Spiced Homemade Hummus- Kalamata Olives**  
(Ve)  
8.25

**Chef's Soup of the Day (V)- Gluten free bread & Maldon rock salt butter**  
9.95

**Shetland Mussels - in a white wine cream & garlic sauce & gluten free bread**  
9.95

**Infused Basil Burrata Salad - rocket, beetroot, avocado and sunblushed tomatoes (V)**  
8.50

### THE GRILL

**10 oz Flat Iron Steak (Gf)** 26.95  
*best served medium rare*

**8 oz Bistro Rump Steak (Gf)** 24.95

*All served with thick-cut chunky chips, flat cap mushrooms, tomatoes, and house salad*

**Add Queenie scallops in garlic butter**  
7.95

### SIDES

All  
3.95

Onion rings	Skin on fries
Truffle & parmesan fries	Chunky chips
Peppercorn sauce	Panache of vegetables
Diane Sauce	Rocket Salad
Red wine Jus	Sourdough & Butter

## MAINS

**Hot Honey & Herb Halloumi - served with pickled pink onions, chilli jam, cucumber, mixed salad & skin on fries (V)**  
18.95

**Sea Bream Fillets - garlic infused crushed new potatoes, samphire, wakami seaweed, charred tenderstem broccoli, lemon beurre blanc, tobico & micro cress**  
22.95

**Gourmet 8oz Steak Burger - toasted gluten free bun, burger sauce, red onion chutney, smoked Applewood cheese, skin on fries & house salad**  
17.95

**Marinated Cauliflower Steak - sweet potato puree, green beans, crispy potato straws & smoked tomato chutney (V) (Ve)**  
18.95

**Mixed Seafood pasta- crab, cockles, mussels, squid, lemon, garlic, chilli, tomatoe & basil ragu.**  
22.95

**Pan Roasted Chicken Supreme- sweet poatato puree, fondent potato, panache of green vegetables, wilted spinach & truffle oilGF)**  
24.95

**Bacon Caesar Salad -crispy bacon, baby gem lettuce, parmesan & caesar dressing**  
16.95

## DESSERTS £7.00

White chocolate & Passionfruit Creme Brulee

Selection Of Ice Creams with chocolate sauce

*Food prepared on these premises  
may contain traces of nuts.*

(V)-Vegetarian  
(Ve) Vegan



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*The Vane Arms*

AT THORPE THEWLES

## DESSERTS £7.00

### DESSERTS

All of our desserts are made on site from locally sourced ingredients

**Sticky Toffee Pudding** - butterscotch sauce & vanilla pod ice cream

**Chocolate Brownie**- chocolate sauce, vanilla ice cream & seasonal berries

**Biscoff Blondie** - served with salted caramel ice cream and seasonal berries

**Lemon Meringue Pie** - crushed meringue & vanilla ice cream

**White chocolate & Passionfruit Creme Brulee** - served with homemade white chocolate shortbread

**Selection Of Ice Creams with chocolate sauce**

**Cheesecake Of The Day** - vanilla pod ice cream or pouring cream

**Upcoming Function or celebration?**  
**Ask to see our amazing private dining room out back and get booked in !**

