

# GLUTEN CONSCIOUS MENU

## BREAKFAST

Served daily until 4pm

**POACHED PEAR PORRIDGE** 🌱 5.65  
pomegranate, toasted seeds, orange blossom honey  
*almond, skimmed or whole milk*

**AVOCADO SMASH** 🌱 🌿 9.25  
roasted tomatoes, chilli flakes, gluten free toast  
*add a poached egg 0.95*  
*add crispy bacon 1.65*

**RED SHAKSHOUKA** 🌱 🌿 9.95  
2 free range eggs in a tomato & pepper stew,  
grated feta, gluten free toast, za'atar oil

**MIDDLE EASTERN  
BREAKFAST PLATE** 🌱 🌿 10.45  
free range eggs, avocado, sweet potato,  
olives, hummus, chopped salad, rose harissa,  
greek yoghurt, gluten free toast, za'atar oil

**EGGS ROYALE** 10.85  
free range poached eggs, smoked salmon,  
herby hollandaise, toasted gluten free bun  
*add spinach 1.25*  
*add avocado 1.65*

**BURGERS** Served with fries 🍷,  
mashed potato or a mixed salad

**BOB'S PRIME BEEF BURGER** 12.95  
gherkins, red onion, lettuce, house sauce  
*add crispy bacon or aged cheddar 1.65*

**PLANT-BASED BURGER** 🌱 🌿 13.95  
beyond meat patty, melted applewood cheese,  
gherkins, red onion, lettuce, house sauce

**SWEET POTATO FALAFEL  
BURGER** 🌱 🌿 14.95  
halloumi, roasted peppers, seasonal slaw,  
hummus, rose harissa

## SALADS

**KALE, SPINACH & FETA SALAD** 🌱 11.95  
butternut squash, avocado, pomegranate, pickled  
red onions, dates, toasted seeds, vinaigrette

**CHEF'S HOUSE SALAD** 🌱 🌿 8.95  
avocado, cucumber, tomato, edamame, beetroot,  
carrots, radish, mixed leaves, vinaigrette

**GRILLED SALMON &  
BLACK SESAME SUSHI SALAD** 🌿 14.95  
avocado, pomegranate, edamame, coriander,  
brown rice, poke sauce

*add chicken breast, halloumi, tofu, beef patty 3.95*  
*add salmon 4.95*

🌱 vegetarian

🌿 vegan

🌿 contains sesame seeds

🍷 cooked in a shared fryer

## STARTERS

**HUMMUS PLATE** 🌱 🌿 🌿 6.35  
gluten free toast

**STICKY EDAMAME** 🌱 🌿 5.55  
soy, chilli, mirin sauce

**BOB'S NACHOS** 🌱 🍷 8.95  
melted cheese, roquito peppers, black beans,  
avocado smash, sour cream, chipotle sauce

**CRISPY SALT & PEPPER WINGS** 🍷 6.55  
bbq sauce

**HALLOUMI BRUSCHETTA** 🌱 7.25  
cherry tomato salsa, basil oil, gluten free toast

**FEEL GOOD CHICKEN SOUP** 6.95  
asian broth, rice noodles, pak choi,  
mushrooms, spring onion

## MAINS

**STEAK FRITES** 12.95  
flat iron steak, garlic butter, mashed potato

**GRILLED TERIYAKI SALMON** 15.95  
edamame & coriander brown rice, coconut flakes

## PLANT-BASED

**VEGGIE CHILLI BOWL** 🌱 🌿 12.95  
avocado, coconut yoghurt, brown rice

**TOFU KATSU CURRY** 🌱 🌿 12.75  
brown rice, pak choi, sriracha sauce

**MOTHER EARTH BOWL** 🌱 🌿 🌿 12.95  
sweet potato, stir fry of lentils & brown rice,  
broccoli, avocado, cucumber, grated radish,  
sauté of mushrooms, asian sauce

## SIDES

**FRIES** 🌱 🌿 🍷 2.95

**SWEET POTATO FRIES** 🌱 🌿 🍷 3.95

**CREAMY MASH** 🌱 3.55

**BOWL OF GREENS** 🌱 🌿 3.95

**CHOPPED SALAD** 🌱 🌿 3.45

## DESSERTS

**CHOCOLATE BROWNIE** 🌱 5.95  
chocolate sauce, vanilla ice cream

**HONEYCOMB ICE CREAM** 🌱 🌿 4.95  
chocolate sauce

The dishes on this menu are made from ingredients which do not contain gluten. 🍷 Cooked in a shared fryer. Whilst not containing any gluten in their ingredients, these dishes will be cooked in shared fryers. Whilst our fryers are cleaned and filled with fresh oil regularly, they have also been used to cook wheat and meat products during a service. These dishes should be avoided if this level of cross contamination will affect you. 🌱 Vegetarian. These dishes are made from ingredients that do not contain any meat or fish products. 🌿 Vegan. These dishes are made from ingredients that do not contain any animal products. 🌿 Contains sesame seeds. We advise you to notify your server if you have any food allergies or intolerances. Not all ingredients are shown in the dish descriptions. We are happy to provide you with allergen guidelines for all our menu items. We do not have dedicated preparation or cooking areas in our kitchens for vegetarian, vegan food or gluten-free food; there may be a risk of traces of allergens & gluten found in any dish. We follow good hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. Our fish is a natural product & may contain small bones. All dishes on this menu are subject to ingredient availability. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.

## COCKTAILS

- APEROL SPRITZ** 6.95  
aperol, prosecco, soda
- BOB'S GNT** 7.95  
grapefruit & rosemary tonic
- ESPRESSO MARTINI** 7.95  
kahlua, frangelico, vodka, espresso
- RUM COOLER** 6.95  
dark rum, ginger beer, cranberry juice
- FRENCH MARTINI** 7.95  
raspberry vodka, chambord, pineapple juice

## SOFT DRINKS

- WONKY FRUIT  
LOW SUGAR COOLER** 3.45  
blackberry & lavender  
pear & ginger  
raspberry & rosemary
- HOMEMADE LEMONADE** 3.25
- ORANGE JUICE** 2.55
- GINGER TONIC** 3.45  
ginger beer, soda water, fresh lime
- ELDERFLOWER COOLER** 3.45
- HELLO SUNSHINE SMOOTHIE** 4.95  
pineapple, passionfruit, mango, apple
- GREEN DREAM SMOOTHIE** 5.25  
spinach, kale, mango, apple
- BERRY BLISS SMOOTHIE** 4.95  
raspberry, blackberry, strawberry, apple

## COFFEE & TEA

- ESPRESSO** 2.15
- MACCHIATO** 2.25
- CAPPUCCINO** 2.85 / 3.25
- CAFFÉ LATTE** 2.85 / 3.25
- MOCHA** 3.35
- AMERICANO** 2.35
- FLAT WHITE** 3.15
- HOT CHOCOLATE** 2.95  
*add marshmallows* 0.55
- RUSSEL'S HAPPY TEA** 2.95  
orange, lemon, ginger, mint, honey,  
cinnamon stick
- ARTISAN LOOSE LEAF TEA** 2.55  
speedy breakfast - earl grey - hibiscus flower  
english peppermint - wild rooibos - lemon blend  
emerald green

## WHITE

- EL MURO BLANCO, SPAIN** ✨ 6.95  
refreshing flavours of peach & apple  
175ml 5.55 500ml 13.75 Btl 19.95
- ACACIA TREE CHENIN BLANC,  
SOUTH AFRICA** 7.95  
fresh citrus & peach, zesty finish  
175ml 6.15 500ml 16.95 Btl 21.95
- IL CONTO VECCHIO PINOT GRIGIO,  
ITALY** 6.95  
delicate floral notes, dry & crisp  
175ml 6.45 500ml 17.55 Btl 24.95
- JOHNSON ESTATE SAUVIGNON  
BLANC, NEW ZEALAND** 7.95  
passion fruit & grapefruit, subtle creamy texture  
175ml 7.55 500ml 21.15 Btl 32.95

## RED

- EL MURO TINTO, SPAIN** ✨ 6.95  
dark berry fruit & a twist of pepper  
175ml 5.55 500ml 13.75 Btl 19.95
- LA SERRE MERLOT, FRANCE** 6.25  
plum & blackberry fruit  
175ml 6.25 500ml 17.25 Btl 22.95
- ARGENTO MALBEC, ARGENTINA** 6.45  
plums, black cherries, hints of violet  
175ml 6.45 500ml 17.55 Btl 24.95
- ARA PINOT NOIR, NEW ZEALAND** 8.25  
juicy boysenberry & plum  
175ml 8.25 500ml 22.75 Btl 33.95

## ROSÉ

- IL CONTO VECCHIO PINOT GRIGIO  
BLUSH, ITALY** 6.25  
fresh notes of raspberry, strawberry & green apple  
175ml 6.25 500ml 17.25 Btl 22.95
- DOMAINE PASTOURE COTES DES  
PROVENCE ROSÉ, FRANCE** ✨ 7.35  
bright peach & strawberry, crisp dry finish  
175ml 7.35 500ml 20.55 Btl 29.95

## SPARKLING

- VITELLI PROSECCO SPUMANTE BRUT  
NV, ITALY** 6.75  
fruity & fragrant, citrus, pear & elderflower  
125ml 6.75 Btl 30.95

## CIDER

- HAWKES URBAN ORCHARD  
APPLE CIDER** 5.25  
4.3% (330ml)