

GLUTEN CONSCIOUS MENU

BREAKFAST

Served daily until 4pm

POACHED PEAR PORRIDGE 🌱 6.5
pomegranate, toasted seeds,
orange blossom honey
almond, skimmed or whole milk

AVOCADO SMASH 🌱🌿 9.5
roasted tomatoes, chilli flakes, coriander,
gluten free toast
add a poached egg 1 / add crispy bacon 1.5

SWEETCORN FRITTERS 🌱 11.5
roasted tomatoes, spinach, avocado smash
add crispy bacon 1.5 / add halloumi 3.5

**MIDDLE EASTERN
BREAKFAST PLATE** 🌱🌿 11.5
free range eggs, avocado smash, sweet potato,
olives, hummus, chopped salad, rose harissa,
greek yoghurt, gluten free toast

RED SHAKSHOUKA 🌱🌿 10.5
2 free range eggs in a tomato & pepper stew,
grated feta, gluten free toast

EGGS ROYALE 11.5
free range poached eggs, smoked salmon,
herby hollandaise, toasted gluten free bun
add spinach 1 / add avocado 1.5

BURGERS

Served with fries 🍷, mashed potato or a mixed salad

BOB'S PRIME BEEF BURGER 14
gherkins, red onion, lettuce, house sauce
add crispy bacon or aged cheddar 1.5

SPINACH & FALAFEL BURGER 🌱🌿 15
halloumi, roasted peppers, rocket, hummus, aioli

SALADS

**GRILLED SALMON & BLACK
SESAME SUSHI SALAD** 🌿 15.5
brown rice, avocado, pomegranate, edamame,
nori, coriander, poke sauce

FETA, SPINACH & ROCKET SALAD 🌱 12
sweet potato, avocado, pomegranate, pickled
red onions, dates, toasted seeds, vinaigrette

CHEF'S HOUSE SALAD 🌱🌿 8.5
avocado, cucumber, tomato, edamame, carrots,
pickled beetroot, radish, mixed leaves, vinaigrette

*add chicken / halloumi / tempeh 3.5
add salmon 5*

STARTERS

HUMMUS PLATE 🌱🌿🌿 7
gluten free toast

STICKY EDAMAME 🌱🌿 5
soy, chilli, mirin

BOB'S NACHOS 🌱🍷 9.5
cheese, avocado smash, black beans, chillies,
sour cream, pickled red onions, chipotle sauce

CRISPY SALT & PEPPER WINGS 🍷 6.5
bbq sauce

FEEL GOOD CHICKEN SOUP 7
asian broth, rice noodles, pak choi,
mushrooms, spring onion

MAINS

STEAK FRITES 🍷 16
flat iron steak, garlic butter, fries

GRILLED TERIYAKI SALMON 🍷 16.5
edamame & coriander brown rice,
coconut flakes, pak choi

PLANT-BASED

VEGGIE CHILLI BOWL 🌱🌿🌿 13
avocado, coconut yoghurt, corn chips, brown rice

TEMPEH KATSU CURRY 🌱🌿 12
brown rice, pak choi, sriracha sauce

MOTHER EARTH BOWL 🌱🌿🌿 13
sweet potato, lentils & brown rice, broccoli, avocado,
cucumber, radish, sautéed mushrooms, asian sauce

TEMPEH KIMCHI FRIED RICE 🌱🌿🌿 13
carrots, spring onions, edamame, nori,
gochujang sauce

SIDES

FRIES 🌱🌿🍷 3

SWEET POTATO FRIES 🌱🌿🍷 4

CREAMY MASH 🌱 3

BOWL OF GREENS 🌱🌿 4

TOMATO, ONION & 4.5

BEETROOT SALAD 🌱🌿🍷 4.5

DESSERTS

CHOCOLATE BROWNIE 🌱 6.5
chocolate sauce, vanilla ice cream

🌱 vegetarian

🌿 vegan

🌿 contains sesame seeds

🍷 cooked in a shared fryer

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.

WHITE

EL MURO BLANCO, SPAIN

refreshing flavours of peach & apple
175ml 6 500ml 14.5 Btl 21

CHENIN BLANC, ACACIA TREE, SOUTH AFRICA

fresh citrus & peach, zesty finish
175ml 6.5 500ml 17.5 Btl 23

PINOT GRIGIO, IL CONTO VECCHIO, ITALY

delicate floral notes, dry & crisp
175ml 7 500ml 18 Btl 25

SAUVIGNON BLANC, JOHNSON ESTATE, NEW ZEALAND

passion fruit & grapefruit, subtle creamy texture
175ml 8 500ml 21 Btl 33

RED

EL MURO TINTO, SPAIN

dark berry fruit & a twist of pepper
175ml 6 500ml 14.5 Btl 21

MERLOT, LA SERRE, FRANCE

plum & blackberry fruit
175ml 6.5 500ml 17.5 Btl 23

MALBEC, ARGENTO, ARGENTINA

plums, black cherries, hints of violet
175ml 7 500ml 18 Btl 25

PINOT NOIR, ARA. NEW ZEALAND

juicy boysenberry & plum
175ml 8.5 500ml 23 Btl 34

ROSÉ

PINOT GRIGIO BLUSH, IL CONTO VECCHIO, ITALY

fresh notes of raspberry, strawberry & green apple
175ml 6.5 500ml 17.5 Btl 23

CÔTES DES PROVENCE ROSÉ, DOMAINE PASTOURE, FRANCE

bright peach & strawberry, crisp dry finish
175ml 7.5 500ml 20.5 Btl 30

SPARKLING

VITELLI PROSECCO SPUMANTE BRUT NV, ITALY

fruity & fragrant, citrus, pear & elderflower
125ml 7 Btl 31.5

CIDER

HAWKES URBAN ORCHARD APPLE CIDER

4.3% (330ml)

5.5

COCKTAILS

APEROL SPRITZ

aperol, prosecco, soda

7

BOB'S GNT

grapefruit & rosemary tonic

8

ESPRESSO MARTINI

kahlua, frangelico, vodka, espresso

8

RUM COOLER

dark rum, ginger beer, cranberry juice

7

FRENCH MARTINI

raspberry vodka, chambord, pineapple juice

8

SOFT DRINKS

ELDERFLOWER COOLER

3.5

CRANBERRY PRESSÉ

3.5

HOMEMADE LEMONADE

3.5

ORANGE JUICE

2.5

GINGER TONIC

3.5

HELLO SUNSHINE SMOOTHIE

pineapple, passionfruit, mango, apple

5.5

GREEN DREAM SMOOTHIE

spinach, kale, mango, apple

5.5

BERRY BLISS SMOOTHIE

raspberry, blackberry, strawberry, apple

5.5

DETOX ZING SMOOTHIE

ginger, courgette, carrot, blueberry, banana

5.5

COFFEE & TEA

ESPRESSO

2

MACCHIATO

2.5

CAPPUCCINO / LATTE

3 / 3.5

MOCHA

3.5

AMERICANO

2.5

FLAT WHITE

3

ICED VANILLA OAT MILK LATTE

4.5

HOT CHOCOLATE

3.5

add marshmallows 0.5

RUSSEL'S HAPPY TEA

orange, lemon, ginger, mint, honey, cinnamon stick

4

GOOD PROPER TEA

breakfast brew - chamomile - hibiscus - green lemongrass - peppermint - earl grey - rooibos

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