



The
POST HOUSE
— BAR & GRILL —

GLUTEN-FREE

NIBBLES & TAPAS

Marinated Halkidiki Olives <small>vg</small> with lemon, garlic & thyme marinade	3.5
Gluten Free Breads with olive oil, balsamic, hummus	5
Patatas Bravas <small>vg</small> with smoked paprika, parsley	6
Honey Glazed Chicken & Chorizo Skewers with smoked paprika dip	6
Butterflied King Prawns with chilli & lime butter	6
Pulled BBQ Jackfruit <small>vg</small> with gluten-free tortilla wraps, vegan cheese sauce	6

STARTERS

Soup of the Day <small>v</small> with gluten-free roll	5.5
Pan Seared Scallops with pancetta crisp, pea & lemon purée	10.5
Chicken Liver Pâté with Melba toast, redcurrant & port chutney	6.5
Staffordshire Gin & Beetroot Cured Salmon with samphire, pickled vegetables, pomegranate dressing	7.5
Pan-Fried Wild Mushrooms <small>v</small> with toasted ciabatta, Chardonnay cream	6.5
Chilli & Lime Tofu with chargrilled Mediterranean vegetables, basil pistou	6.5

MAINS

Pan-Seared Cod Loin with chorizo, Mediterranean vegetables, mixed beans	18
Seared Beef Fillet slow braised shin with potato gratin, charred asparagus, watercress purée, Malbec & marrow sauce	23
Chargrilled Tandoori Chicken Skewers with coconut jasmine rice, warm gluten-free tortilla, mint, corriander & lime salad	16.5
Duck Breast with sweet potato parmentier, celeriac purée, baby corn, wilted spinach, blackberry jus	19.5
Pan-Fried Chicken Supreme with truffle mash, heritage tomatoes, garlic & white wine sauce	16.5
Vine Tomato & Roasted Red Pepper Risotto <small>v vgo</small> with goats' cheese mousse, basil cream	13
Falafel & Mediterranean Vegetable Skewers <small>vg</small> with coconut jasmine rice, warm gluten-free tortilla	15.5

SALADS

Grilled Seabass Fillet with roasted butternut, wild rocket, Tenderstem broccoli, pomegranate pearls, walnut crumb	14.5
Charred Tofu <small>vg</small> with baby gem lettuce, pickled cucumber, shaved carrot, sliced olives, crushed cashew nuts, lime & chilli dressing	12.5

GRILL

Chargrilled 28 day dry-aged Aberdeen Angus, served with
baked garlic & thyme portobello mushroom, balsamic
cherry vine tomatoes and hand-cut goose fat chips

10oz /283g	Sirloin	24
8oz /226g	Bistro Rump	21
10oz /283g	Ribeye	26
8oz /226g	Fillet	28
24oz/680g	Côte de Boeuf <i>to share</i> with Béarnaise / Malbec & Marrow sauces	60
Add a steak sauce Peppercorn /Béarnaise /Malbec & Marrow /Blue Cheese		4.5

BURGERS

All burgers are served in a gluten-free bun, with skin
on French fries and coleslaw

Butterflied Chicken Breast with lettuce, tomato, dill pickle, chilli & avocado salsa	15
Classic Angus Beef with streaky bacon, Swiss cheese, lettuce, tomato, dill pickle, spiced tomato chutney	15
Smoked BBQ Bourbon Beef Aberdeen Angus steak patty, Swiss cheese, lettuce, tomato, dill pickle, ranch dressing	16.5

DESSERTS

Coconut Crème Brûlée with pineapple salsa, mango sorbet	6.5	Mango & Passion Fruit Eton Mess with mango crunch	6.5	Chocolate Torte <small>vg</small> with orange gel, chocolate orange ice cream	6.5
Trio of Ice Creams ask your server for flavours	5.5	Selection of Cheeses chutney, celery, grapes, biscuits	7.5		

v: vegetarian vg: vegan vgo: vegan option available
Ask one of our servers to see our allergen matrix