

Nº4 Restaurant & Bar

Gluten-Free Menu

Start & Share

Pad Pak Boong ½	£5¾
Sautéed water spinach with spicy chillies, garlic and soy sauce	
Sweet Potato Fries ½	Large £3¾
With fresh herbs and spices	
	Small £2
Skinny Cut Chips ½	Large £3¾
With fresh herbs and spices	
	Small £2

Salads

Alpha Omega Salad ½	£6
Mixed seeds, cashews, mixed lettuce, red pepper, red and spring onion and a sweet chilli dressing	
Tomato and Cheese Curd ½	£6
With rocket, red onion and a mustard vinaigrette	

Bunless Burgers

Served on crisp iceberg lettuce with tomato, red onion, guacamole, red cabbage coleslaw, black bean salsa, bean sprouts, mixed seeds and a mustard vinaigrette.

Our beef burgers are cooked through to a minimum of 70°C for 2 minutes to retain maximum flavour and are ideally pink inside.

Bigger Better Beef	£9
100% fresh minced chuck beef	
Bacon Cheddar Beef	£11½
100% fresh minced chuck beef, smoked streaky bacon and aged cheddar	
SoCal Chicken	£10½
with guacamole	
Cajun Chicken Cheddar	£10¾
with aged cheddar	
Homemade Chickpea Falafel ½	£9¾
with guacamole	

Classics

Flat-Iron Steak	£12
Prepared medium-rare. Served with fine bean salad and skinny cut chips	
Spicy Cajun Chicken	£11
With sweet potato fries and red cabbage coleslaw	

Big Bowls

Portobello Mushroom Chicken	£12
In a roasted garlic cream sauce with mozzarella cheese and skinny cut chips	
Jambalaya	£12
King prawns, chicken, sausage, bacon, black bean salsa, spicy tomato sauce and mint tzatziki. Served with boiled rice	
Korean Bibimbap ½	£9
Bean sprouts, water chestnuts, pickled vegetables, cavolo nero, mushroom, cucumber, sesame chilli sauce and a poached egg. Served on boiled rice	
Garlic Seafood	£12
With king prawns, mussels and smoked haddock in a roasted garlic cream sauce. Served on boiled rice	
Smoked Haddock	£12
In a teriyaki sauce, with spicy yoghurt and red cabbage coleslaw. Served on boiled rice	
Teriyaki ½	£9
Sautéed mixed vegetables, spicy yoghurt and red cabbage coleslaw. Served on boiled rice	
Mongolian Tofu ½	£9
Red and spring onion, red pepper and cashews in a sweet chilli soy sauce with rice noodles	
Moroccan Spiced Chicken	£11
In a Ras el Hanout spiced tomato sauce with red peppers, fried onions and roasted mushrooms. Served on boiled rice	
Add to any bowl:	
Grilled Chicken	£3
Garlic Prawns	£3¾
Grilled Flat-Iron Steak	£4¼
Tofu ½	£2½

Desserts

Goodie Bar ½	£2.25
<i>A sweet treat of oats, raisins and almonds topped with dark chocolate</i>	
Ginger Polenta ½	£3.00
<i>Mouth-watering cake with a ginger kick</i>	
Purbeck Ice Cream ½	£2.80
<i>Passionately produced on a farm in the isle of Purbeck, Dorset, with fresh milk, thick double cream and delicious natural flavours</i>	

½ Suitable for Vegetarians

½ Suitable for Vegans

WHILST EVERY EFFORT HAS BEEN MADE NOT TO INCLUDE ANY GLUTEN IN THESE DISHES THERE MAY STILL BE TRACE AMOUNTS PRESENT.

PLEASE INFORM US OF ANY ALLERGIES OR SPECIAL DIETARY REQUIREMENTS