

# BEN'S WINE & TAPAS

Good wine from good farming

## Gluten free menu

### Vegetarian Tapas

Gluten free bread and oil	£2.40
Sourdough with nut dukkah & olive oil	
Fritters	£4.95
Sweetcorn, runner bean and feta fritters with homemade chilli jam	
Padron peppers *	£4.20
Fried padron peppers with sea salt	
Beetroot borani	£4.95
Roasted beetroot dip topped with walnuts, feta & dill served with G/F bread	
Patatas bravas*	£4.25
Crispy potatoes topped with salsa brava & confit garlic mayo	
Arancini*	£5.95
Courgette & parmesan risotto balls	
Tortilla	£3.95
Spanish omelette served with homemade chilli jam	
Chargrilled cauliflower	£3.95
Sous vide cauliflower in harissa with homemade chilli jam	
Griddled polenta	£5.95
Griddled polenta topped with wild mushrooms, parmesan & balsamic	
Manchego	£4.95
Spanish hard sheeps cheese, with quince jelly & walnuts (contains animal rennet)	
Crispy potatoes*	£4.25
Rosemary & rock salted cubed potatoes	
Halloumi fries*	£4.95
With pomegranate molasses	
Moroccan salad	£3.95
Grated carrot with toasted almonds, cumin seeds and sultanas	
Griddled veg salad	£6.65
Griddled courgette, little gem lettuce, broccoli, sugar snap peas, carrot, feta and toasted sunflower seeds	

### Meat Tapas

Bruschetta	£4.95
Ben's Farm Shop chorizo cooked in red wine & onions served on crusty G/F bread	
Pulled pork	£4.95
Slow cooked free-range shoulder of pork with chilli & fennel served on Mexican slaw & labneh	
Hot broad bean salad	£4.95
Broad beans & pancetta cooked in white wine reduction, with a squeeze of lemon	
Chicken pinchos	£5.95
Chargrilled free-range chicken skewers, served with a homemade chilli jam	
Ben's homemade salami	£4.95
Chunks of our homemade salami served with caperberries and dulce piparras chilli peppers	

### Fish Tapas

Squid*	£4.95
Deep fried squid strips coated in cornflour & paprika served with jerk & lime mayo	
Sardines	£4.95
Smoked sardines on toasted G/F bread with a coriander & pepper mojo verde	
Prawns	£5.95
Wild Atlantic prawns cooked in chilli, garlic & olive oil	
Shrimp and kimchi fritters	£4.95
Atlantic wild shrimp & fermented cabbage fritter with sweet chilli sauce	

\*These foods are deep-fried and may contain traces of gluten. Not suitable for a coeliac diet.