

GLUTEN FREE FOOD MENU





a warm & friendly welcome from the team

**Here at Bibendum, we pride ourselves on offering a great dining experience.
Our aim... to serve simple yet tasty pub grub, in good ol' fashioned portion sizes.**

We are also proud to support local, with many of our food & drink suppliers from & around Eastbourne itself.



get social, tag us @bibendumeb



Saving the £££s

- TWO MAINS FOR £16 -

*available all day Monday to Thursday on selected dishes**

- BEER & WINE OF THE MONTH -

a variety of different beers & wines on offer

Dietary Requirements

we have an alternative menu listing all of the dishes that can be made vegetarian, pescetarian & vegan

while many of our dishes can be made to suit certain dietary needs, our food is prepared in a kitchen when allergens are present, so if there are any specific requirements, do please just ask

a list of allergens is below & full allergen information can be provided

- fish - crustaceans - lupin - milk - molluscs - mustard - tree nuts - peanuts - sesame seeds -

- cereals - eggs - soy beans - sulphur dioxide - celery

a discretionary 10% service charge is added to your bill & split between the whole team. If you choose to have this removed, it really isn't a problem... all we want is for you to enjoy your visit!!

BIBENDUM 'GLUTEN FREE' MENU

many of our dishes can be made free from gluten. To make it easier for you, we have listed those items from our main menu separately for you

Starters

Homemade Soup of the Day £6

served with warm gluten free bread

Breaded Whitebait £5.5

served with tartar sauce & salad garnish

Smoked Haddock & Spring Onion Fishcakes £7

served with warm béarnaise sauce

Oven Baked Camembert £8

served with sliced garlic & thyme ciabatta & red onion chutney

Mediterranean Bruschetta £6.25

gluten free bread topped with black olive tapenade, sundried tomato, mozzarella & basil

Moules Marinières £8

mussels cooked in a white wine, garlic & creamy parsley sauce served with gluten free bread

Salt & Pepper Squid £7

lightly coated squid rings, deep-fried & finished with salt, pepper & lemon served with garlic mayonnaise

Pork Belly Bites £7.5

tender piece of pork belly bites & jalapeno slaw

Chicken Liver Pate £6.5

served with red onion & cranberry chutney & warm gluten free bread

Lunches & Light Bites

available until 5pm

Deep Filled Jackets £7.5

all served with your choice of fillings & crisp side salad

cajun chicken & bacon	prawn marie rose & crayfish
cheddar cheese & beans	tuna mayonnaise
roasted vegetables & feta	spicy chilli beef & sour cream

Bibendum 3-tier Club bacon, egg, chicken, mayo, salad **£8.5**

gluten free sandwiches from £7

all served with crisp side salad

- Peppered Steak & Red Onion £8 - Cajun Chicken & Mint Yoghurt £7 -
- Prawn & Crayfish with Wild Rocket £7.5 - Cheddar Cheese, Pickle & Tomato £7 -
- Fish Finger & Tartar Sauce £7 - Smoked Salmon, Cream Cheese & Chive £7.5 -
- Tuna, Spring Onion Mayonnaise & Cucumber £7 -
- Honey Roast Ham & Wholegrain Mustard Mayo £7 -

Bibendum Ploughmans

£8.5

British Stilton – French Brie – Mature Cheddar – Sussex Ham

Can't decide, mix it up for an extra £1.5

served with dressed salad, coleslaw, piccalilli & red onion chutney, apple & gluten free bread

Salads £12

available all day

Mediterranean *mixed leaf, peppers, olives, onion, feta, cherry tomatoes & basil pesto*

Classic Caesar *cos lettuce, anchovies, bacon, parmesan & dressing*

Beetroot & Goats Cheese *mixed leaf salad, beetroot, goats cheese & walnuts*

Chicken, Bacon & Avocado *mixed leaf salad, chicken, bacon & avocado*

Pub Classic Mains

Locally Sourced Pork & Herb Sausage and Mash £10*

a trio of sausages served with red onion gravy, creamed mash potato & homemade parsnip crisps

Veggie Burger £11.50*

homemade falafel patty served in a toasted gluten free bun topped with grilled halloumi, salad, red onion, sliced beef tomato & mint yoghurt with a side of fries & coleslaw

Beer Battered Fish & Chips £12*

tender cod loin in a local real ale homemade batter served with chunky tartar sauce, chips & minted butter garden peas

Gourmet 8oz Beef Burger £12*

prime beef burger served in toasted gluten free bun with streaky bacon, cheese salad & beef tomato & a pepper & mayo relish, finished with fries & a side of coleslaw

Veggie Burger £11.50*

homemade falafel patty served in a toasted gluten free bun topped with grilled halloumi, salad, red onion, sliced beef tomato & mint yoghurt with a side of fries & coleslaw

Bibendum Mac & Cheese Twist £12*

oven-baked pasta in a rich red Leicester topped with homemade smoked bacon crisps

Ham, Egg & Chips £12*

honey glazed ham, hen's eggs, chips & a side of piccalilli

Liver & Bacon £12*

tender pieces of lambs liver & smoky bacon, creamy mash, seasonal veg & red onion gravy

Chefs Choice Mains

Seafood Pasta Marinara £14.5

a mussel, squid & king prawn pasta, with sundried tomatoes & olives cooked in a rich tomato & coriander sauce

Grilled Salmon Fillet £14

served with sautéed thyme potatoes, grilled asparagus in a white wine & spinach sauce

Slow Roasted Belly of Pork £16.5

served with creamy dauphinoise potatoes, roasted root vegetables, apple & cider sauce & salted crisp crackling

Classic Fish Gratin £12*

tender pieces of fish cooked in a white wine & cream sauce topped with creamy mash & cheese & served with a side salad

8oz Prime Sirloin Steak £18

served with a large flat mushroom, grilled beef tomato, garden peas, homemade beer battered onion rings & chunky chips & your choice of a blue cheese topper or peppercorn sauce

King Prawn & Pesto Linguine £14

meaty king prawns & linguine tossed in a light red pesto sauce & chilli oil, topped with wild rocket with parmesan

Wild Mushroom & Pea Risotto £12.5*

served with truffle oil & parmesan shavings

Roasted Root Vegetable Gratin £11*

roasted vegetables in a tomato & herb sauce topped with sliced potato & mature cheddar served with a crisp house salad

Sharing Platters

Burger Trio £18

a selection of prime 4oz beef patty, fillet of fish & Cajun chicken burgers with beef tomato, a selection of relishes & lettuce in warm gluten free bread & served with fries, beer battered onion rings & choice of dipping sauces

Antipasti £14

a selection of dried & cured meats; chorizo, prosciutto ham, salami, sweet stuffed peppers, houmous, marinated olives & warm gluten free bread

Fish Platter £18

a selection of smoked salmon, breaded whitebait, mussels & prawns with a selection of dressings, couscous salad & warm gluten free bread

Bibendum Veggie Platter £14

2 mediterranean-style gluten free bruschetta's, houmous with carrot & cucumber batons, stuffed feta olives, sweet stuffed red peppers & gluten free bread for dipping

Sides & Nibbles

Marinated Mixed Olives £3.50

Gluten Free Bread & Houmous £4.50

Chunky Chips £3.50

Sweet Potato Fries £4.50

Garlic Bread with Cheese £4

Stuffed Feta Olives £4

Bread & Oils £4.50

Cheesy Chips £4.50

Selection of Nuts from £2

Garlic Bread £3