

GLUTEN FREE  
FOOD MENU





## **a warm & friendly welcome from the team**

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**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



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### **Saving the £££s**

**- TWO MAINS FOR £16 -**

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

**- WINE & GIN OF THE MONTH -**

**- LOCAL CASK ALE DISCOUNTS & CRAFT BEER OFFERS -**

*we have a variety of different beers, wines & gins always on offer*

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### **Dietary Requirements**

*we have a vegan menu listing all of the dishes that can be made 100% 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

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### **Homemade Soup of the Day £6**

*served with warm, gluten free bread*

### **Oven Baked Camembert £8**

*served with balsamic glazed bread & red onion chutney*

### **Antipasti Bruschetta £6.75**

*a selection of cured meats on a black olive tapenade, with sundried tomatoes, parmesan & a basil oil*

### **Moules Marinières £8**

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

### **Salt & Pepper Squid £7.25**

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

### **Sussex Smokey £7.5**

*creamed leeks & smoked haddock, baked in a white wine sauce & topped with a herb crumb & Sussex cheddar cheese*

### **Duck Liver & Cranberry Pate £6.5**

*served with a red onion chutney & warm gluten free bread*

### **Breaded Whitebait £5.75**

*served with homemade tartar sauce & a salad garnish*

# Lunches & Light Bites

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available until 5pm

## Deep Filled Jackets £7.5

*all served with your choice of fillings, house salad & a side of coleslaw*

prawn & crayfish marie rose

cheddar cheese & beans

roasted vegetables, spinach & feta

spicy chilli beef & sour cream

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## Bibendum 3-tier Club bacon, egg, chicken, mayo, salad £8.75

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### gluten free sandwiches from £7

*all served with house side salad*

- Peppered Steak & Red Onion £8 - Cajun Chicken & Mint Yoghurt £7 -
- Prawn & Crayfish with Wild Rocket £7.5 - Fish Finger & Tartar Sauce £7 -

# Bibendum Ploughmans

£9

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 slices & gluten free bread*

## Salads from £10.5\*

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available all day

**Caesar** cos lettuce, anchovies, bacon, herb croutons, parmesan & dressing **£11** add chicken **£1.5**

**Beetroot & Goats Cheese** mixed leaf salad, beetroot, goats cheese & walnuts **£10.5**

**Chicken, Bacon & Avocado** mixed leaf salad, chicken, bacon & avocado **£12**

# Pub Classic Mains

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## **Locally Sourced Pork & Herb Sausage & Mash £11\***

*a trio of sausages served with red onion gravy, creamy mash potato, seasonal vegetables & homemade vegetable crisps*

## **Local Beer Battered Fish & Chips £12\***

*tender cod loin in a local real ale in-house batter, served with homemade tartar sauce, chunky chips & buttered garden peas*

## **Bibendum Mac & Cheese £12\***

*oven-baked macaroni in cheddar & red Leicester cheese topped with spinach & homemade bacon crisps*

## **Gourmet 8oz Beef Burger £12\***

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

## **Southern Fried Cajun Chicken Burger £13\***

*a butterflied chicken breast coated in our Cajun mix served in a toasted brioche bun with cheese, salad, beef tomato, sliced beetroot & BBQ sauce, finished with fries & a side of coleslaw*

## **Veggie Burger £11.75\***

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

## **Smoky BBQ Pork Ribs £14**

*a full rack of tender pork ribs, topped with a homemade smoky BBQ sauce, buttered corn, fries & homemade slaw & served with a dressed side salad*

## **Ham, Egg & Chips £12\***

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

## **Liver & Bacon £12.5\***

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

## **Chefs Risotto of the Day £13\***

*arborio rice served with truffle oil & parmesan shavings & topped with wild rocket*

# Chefs Choice Mains

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## **Bibendum Stuffed Chicken £14**

*a breast of chicken stuffed with spinach, cranberry & ricotta, wrapped in streaky bacon with dauphinoise potato, seasonal vegetables & a cranberry & thyme sauce*

## **Oven Baked Cod £14.5**

*a cod fillet, oven baked, & served with sautéed greens, crushed baby potatoes & a saffron butter sauce*

## **Classic Fish Gratin £12.5\***

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

## **Sussex Downs Lamb Shank £18.5**

*tender lamb shank served with creamy mash, seasonal vegetables, your choice of a mint or red currant jus & topped with homemade vegetable crisps*

## **Grilled Salmon Fillet £14.5**

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

## **Sussex Duck £16.5**

*a full duck breast served with parmesan potato & stemmed broccoli & finished with a red wine jus*

## **Slow Roasted Belly of Pork £16.5**

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

## **8oz Prime Sirloin Steak £19**

*served with a large flat mushroom, grilled beef tomato, garden peas, homemade beer battered onion rings & chunky chips, topped with 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 & Courgette Stroganoff £12.5\***

*wild mushrooms & courgettes served with a side of pilau rice & crème fraiche*

# Sharing Platters

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## **Bibendum Veggie Platter £14**

*two mediterranean-style bruschettas, houmous with carrot & cucumber batons, stuffed feta olives, sweet stuffed red peppers & a selection of breads*

## **Antipasti £16**

*a selection of dried & cured meats; chorizo, prosciutto ham, salami, sweet stuffed peppers, houmous, marinated & stuffed feta olives & warm crusty bread & butter*

## **Burger Trio £18.5**

*a prime 4oz beef patty, a fillet of fish & a cajun chicken burger, with beef tomato, a selection of relishes & lettuce all in warm ciabattas & served with fries, beer battered onion rings*

## **Fish Platter £18.5**

*a selection of breaded whitebait, mussels, prawn & crayfish marie-rose & crab arancini, served with a selection of dressings, a couscous salad & warm bread*

## **Sides & Nibbles**

**Marinated Mixed Olives 3.5**

**Pitta & Houmous 4.5**

**Chunky Chips 3.5**

**Sweet Potato Fries 4.5**

**Garlic Bread with Cheese 4**

**Halloumi Fries 4.5**

**Stuffed Feta Olives 4**

**Bread & Oils 4.5**

**Cheesy Chips 4.5**

**Selection of Nuts from 2**

**Garlic Bread 3**