

BREAKFAST

Served from 09:30 until midday

Shed Vegetarian Breakfast (V) (VEO) (GF)	6.95
Mediterranean vegetables, baked beans, cherry tomatoes, mushrooms, fried egg, gluten free toast. <i>Add bacon</i> (1.50)	
Eggs on Gluten Free Toast (V) (GF)	5.50
Fried, scrambled, poached or boiled eggs on gluten free toast	
Spicy Eggs & Guacamole (V) (GF)	6.95
Poached eggs, gluten free toast, guacamole, chilli flakes, lime	
Eggs Benedict (GF)	7.50
Poached eggs, bacon, hollandaise, gluten free toast	
Bacon, Egg & Mushroom Bap (GF)	4.95
Bacon, fried egg, mushroom, gluten free bap	
Gluten Free Toast (V) (GF)	2.95
Butter, jam, marmalade	

While you wait...

Rosemary & Garlic Halkidiki Olives (VE) (GF)	3.95
Gluten Free Bread, Olive Oil, Balsamic (VE) (GF)	3.95
Gluten Free Bread, Hummus (VE) (GF)	4.20



SOUP (V) (GF) With gluten free bread.
Please see board for today's option



Tapas - To start <<<

Padrón Peppers (VE) (GF)	4.50
Olive oil, sea salt	
Squid & Chorizo (GF)	5.50
Garlic butter, parsley, gluten free bread	
Cornish Mussels (GF)	4.95 13.95*
Marinière style with cream	
OR Goan curry. Served with gluten free bread	
Shell-on Tiger Prawns (GF)	4.95 14.50*
Garlic butter, gluten free bread	

*Main course

Fish of the day

See board for today's catch.

We can make it gluten free! P.O.A

On the side

Side Salad (V) (VEO) (GF)	3.50
Roasted Med Veg (VE) (GF)	3.95
Shed Slaw (V) (GF)	2.95

Kids' Menu

Mussels & Gluten Free Bread (GF)	6.95
Chicken Breast Burger & Salad (GF)	5.95
Hummus, Gluten Free Bread, Carrot Sticks, Tomatoes (VE) (GF)	4.95

(V) Vegetarian (VE) Vegan (VEO) Vegan option available (GF) Gluten free.
Allergens: If you have any allergies or dietary requirements, please let us know.
A concise list of common allergens contained in our food is available on request.
Please note it is possible that all of our dishes may contain traces of any common allergen.

THE SHED

Burgers <<

Chargrilled Chicken (GF)	11.95
Chargrilled chicken breast, Monterey Jack cheese, streaky bacon, Shed slaw, tomato, cos lettuce, pickle, gluten free bap. Served with mixed salad.	
Jackfruit (V) (VEO) (GF)	11.50
Lightly spiced BBQ jackfruit, Monterey Jack cheese, guacamole, tomato, cos lettuce, pickle, gluten free bap. Served with mixed salad.	

SANDWICHES

Gluten free bread, mixed leaves	
Minute Steak (GF)	11.95
Blue cheese, caramelised red onion, lettuce	
BLT (GF)	7.95
Bacon, lettuce, tomato	
<i>Make it a club sandwich? Add chicken</i>	+ 2.00
Bacon, Brie & Cranberry (GF)	8.50
Mediterranean Vegetable (V) (GF)	7.95
Lettuce, hummus	

MAINS

8oz Prime Sirloin Steak (GF)	19.50
Served with grilled tomato, mushroom, mixed salad	
Peppercorn sauce Blue cheese sauce Garlic butter (3.00 for sauce)	
Half Grilled Chicken (GF)	12.50
With your choice of BBQ glaze or honey & lemon glaze. Served with mixed salad, Shed slaw	
Shed Beef Chilli (GF)	10.95
Grated cheddar & mozzarella, sour cream, guacamole, rice	
Goan Curry (GF)	
A medium coconut curry with chickpeas.	
Gluten free bread, rice	
Seafood - Mussels, shell-on prawns, pollock	14.95
Vegetable (V) (VEO) - Peppers, courgette, aubergine	11.95
Chicken - Chargrilled chicken breast	12.95
Chicken Caesar Salad (GF)	11.95
Chargrilled chicken breast, cos lettuce, anchovies, Grana Padano cheese, Caesar dressing	
Bacon topper (1.50)	
Superfood Salad (VE) (GF)	10.95
Mixed leaves, cherry & sun-blushed tomatoes, onion, kale, spinach, new potatoes, rice, chickpeas, hummus, guacamole, walnuts, herbs, lemon & garlic oil	

DESSERTS

Chocolate Torte (V) (GF)	5.95
Vanilla ice cream, caramel sauce	
Ice Cream (V) (VEO) Sorbet Selection (VE) (GF)	4.95
Hand made Italian ice cream & sorbet.	
- Ask for gluten free options & available flavours	