

**GLUTEN FREE LUNCH MENU** Served from 12.00 – 15.30

**Club sandwich** (side salad, crisps, coleslaw) £9.95

Avocado, tomato and lettuce (v)  
Smoked salmon and cream cheese  
Bacon, tomato, lettuce, mayonnaise

**Jacket potatoes** (side salad) £9.95

Chilli con carne and sour cream  
BBQ pulled pork and cheddar  
Tuna, mayo, red onion (v)  
Five bean chilli (v)

**Brunch Buddha bowl** (v) £11.95

Quinoa, avocado, mixed leaves, sauté potatoes, mango  
red onion, pomegranate seeds, poached eggs and toast

**Rainbow Buddha bowl** (v) £11.95

Quinoa, peppers, avocado, carrots, red cabbage, mango  
sauté potatoes, pomegranate seeds  
pitta bread, peanut butter and maple syrup sauce

**Olive & Twist Buddha bowl** (v) £11.95

Pesto pasta, lettuce, tomatoes, cucumber, feta cheese grapes  
pine nuts, sauté potatoes, pomegranate seeds,

**Add chicken or halloumi** £3.95

Meals may contain nuts, please advise our team  
of any allergies you have

**Burgers** (Sauté potatoes, coleslaw, side salad)

6oz Aberdeen Angus steak patty, cheese, lettuce, tomato £17.95  
Halloumi burger lettuce, tomato and sweet chilli sauce(v) £14.95

**Twisted nachos** (v) £9.95

Tortilla chips, melted cheese, sour cream, salsa  
**Add pulled pork, chilli, five bean chilli** £3.95 **Guacamole** £2.95

**Loaded fries or hash browns** £7.95 (fries not available in Plympton)

Loaded with cheese, pancetta, crispy and spring onions  
**Add pulled pork, chilli, five bean chilli** £3.95

**Olive and Twist sharing board** £44.95

Selection of charcuterie meats and cheeses, camembert  
chorizo in red wine and honey glaze, pork belly bites, apple, olives  
saute potatoes, stuffed peppers, hummus dip, crackers  
bread and pitta bread with butter

**LIGHT BITES** Any 3 for £19.95

Camembert, chutney, bread (v) £10.00

Mushrooms, blue cheese sauce, bread (v) £8.00

King tiger prawns, garlic butter sauce £8.00

Duck and orange pate, chutney and bread £8.00

Pork belly bites in apple sauce £8.00

Marinated giant chicken wings £8.00

Chorizo in red wine and honey glaze £8.00

Feta stuffed peppers with olives skewers (v) £8.00

Sauté potatoes in seasoning (v) £6.00

Pan fried halloumi, chilli jam (v) £6.00

Hummus, warm pitta bread (v) £6.00

**GLUTEN FREE EVENING MENU** Served from 17.00 – 20.30

**Specials menu**

Please ask your server for our weekly specials menu

**Surf and turf sharing Board** £49.95

Selection of charcuterie meats and cheeses, camembert giant chicken wings, smoked salmon, king tiger prawns pork belly bites, apple, sauté potatoes, stuffed peppers olives, hummus dip, bread board with butter

**Olive and Twist sharing board** £44.95

Selection of charcuterie meats and cheeses, camembert chorizo in red wine and honey glaze, pork belly bites, apple, olives saute potatoes, stuffed peppers, hummus dip bread board with butter

**Cheese sharing board** £24.95

Selection of 3 cheeses, apple, pickles chutney, grapes, sauté potatoes, crusty bread

**Loaded fries or hash browns** £7.95 (fries not available in Plympton)

Loaded with cheese, pancetta, crispy and spring onions

**Add pulled pork, chilli, five bean chilli** £3.95

**LIGHT BITES Any 3 for £19.95**

Camembert, chutney, dipping bread (v) £10.00

Mushrooms, blue cheese sauce, crusty bread (v) £8.00

King tiger prawns, garlic butter sauce £8.00

Duck and orange pate, chutney, crusty bread £8.00

Pork belly bites in apple sauce £8.00

Marinated giant chicken wings £8.00

Chorizo in red wine and honey glaze £8.00

Feta stuffed peppers and olives skewers (v) £8.00

Sauté potatoes in seasoning (v) £6.00

Pan fried halloumi, chilli jam (v) £6.00

Hummus, warm pitta bread (v) £6.00

**Steak burgers**

All our steak burgers are served in a brioche bun, lettuce, tomato red onion, sauté potatoes, coleslaw and a side salad (choose your topping)

**Cheddar cheese, Brie and cranberry sauce, Blue cheese**

**Double up and add a second 6oz patty** £3.95

**Aberdeen Angus steak** £17.95

**Wagu steak** £19.95

**Tennessee pulled pork and steak burger** £19.95

**Halloumi burger** (v) £14.95

Fresh halloumi with sweet chilli sauce, lettuce, tomato and red onion

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