

# GLUTEN INTOLERANCE & GLUTEN ALLERGY

## SHARING

Giant Apulian  
Cerignola olives (Ve) 4.25

## RAW BAR

Oysters 14.75  
*Half dozen freshly shucked oysters*

Mersea Island Rock  
Colchester Rock

Scottish smoked salmon 10.00  
*Dill & caper cream*

Seared beef carpaccio 11.00  
*Beetroot, horseradish, watercress*

## STARTERS

Roast red pepper soup 6.00  
*Sweet pepper, lemon & herb salsa (v)*

Chargrilled asparagus 8.50  
*Poached duck egg, truffle butter (v)*

Isle of Man scallops 11.95  
*Chorizo, broccoli, romesco sauce*

Heritage beetroot & goats cheese 8.50  
*Apple, basil pesto, watercress, toasted seeds (v)*

## SALADS

Crispy duck 12.50  
*Watercress, white radish, sesame, soy*

Chicken Caesar 12.50  
*Gem lettuce, Caesar dressing, bacon*

Burrata cheese & heirloom tomato 12.50  
*Avocado, rocket, basil, olives (v)*

## FISH & SHELLFISH

Sea bass 19.75  
*Simply grilled*

Tuna au Poivre 20.75  
*Baked sweet potato chips, béarnaise sauce*

Whole lobster 44.25  
*Baked sweet potato chips, béarnaise sauce*

Fish of the day POA  
*Market fresh*

## MAINS

Asparagus risotto 13.25  
*Broad bean, pea, leek & pecorino cheese (v)*

Malaysian red curry 13.75  
*Marinated tofu (Ve) or chicken breast, aubergine, pak choi, broccoli, fragrant rice, grilled pineapple salsa*

## CHARCOAL GRILL

### FINE STEAKS

British Isles | Aberdeen Angus & Hereford

*Native grass fed. Leaner than grain fed with a fuller, beefier flavour, high in essential omega 3 & 6*

Onglet | 225g 19.50  
*The butcher's steak, served medium rare*

Sirloin | 225g 22.00

Argentina | Las Pampas

*Free range Black Angus & Hereford. Reared on the open grasslands of Las Pampas, Argentinian beef has an intense sweet flavour for which it is famous*

Rump | 250g 20.50

Ribeye | 225g 20.75

Fillet | 225g 27.75

USDA Prime | Creekstone Farms | Kansas

*USA Pure bred Black Angus, 150 days corn fed. Considered by connoisseurs as some of the best beef in the world, a good balance of flavour & tenderness*

Sirloin | per 100g 11.00

Canada | Spring Creek Ranch

*Finished on a natural barley diet for 150 days. Pasture raised in Alberta, Canada. Hand selected from artisan Angus beef farmers.*

Ribeye | per 100g 11.50

Wild Scottish Venison | Argyllshire Forest

*The finest wild red deer venison from our friends the Churchill family. Low in fat, wild venison is lean & tender with a delicate gamey flavour*

Fillet | 225g 26.75

### BUTCHER'S CUTS

*Native British breeds dry aged up to 35 days with Himalayan salt - ideal for sharing. Baked sweet potato chips, choice of sauce*

Bone in prime rib | 800g 61.50

*One of the finest steak cuts, tender with a wonderful rich flavour*

Porterhouse | 800g 61.50

*Sirloin on one side of the bone & fillet on the other. Best of both worlds*

Chateaubriand | 450g 61.50

*The prized cut from the fillet head, deliciously soft & tender, served with roast tomato & mushrooms*

### SAUCES & TOPPERS

*Béarnaise (v), truffle butter (v) each 1.25*

*Half lobster 20.75 | Fried duck egg (v) 1.50*

## MEAT & POULTRY

Crispy duck 17.00  
*Pak choi, broccoli, honey, sesame*

Butterflied chicken breast 16.50  
*Tomato & olive salsa*

Skewered chicken souvlaki 16.50  
*Tzatziki*

Tandoor lamb cutlets 24.50  
*Cardamom rice, spiced tomato sauce*

## SIDES

Chargrilled broccoli, chilli, garlic (Ve) 5.00

Pak choi, ginger, spring onion (Ve) 4.50

Creamy spinach, pecorino cheese (v) 5.00

Mashed potatoes (v) 4.00

Crushed new season potatoes (v) 4.50

House salad (Ve) 4.50

Baked sweet potato chips (Ve) 4.00

## DESSERTS

Mascarpone crème brûlée 7.50  
*Raspberry sorbet (v)*

Lemon posset 7.50  
*Fresh berries, hazelnut brittle (v)*

## CHEESE

Colston Bassett Stilton (v) 9.50  
Tunworth | Smoked Lancashire (v)  
*Quince jelly, red grapes, walnuts*

## PETIT FOUR

Chocolate & hazelnut truffles (v) 4.00

## ICE CREAM & SORBET (v)

Vanilla | Chocolate 5.50

Limoncello | Blackberry ripple

Mango & vanilla iced yoghurt

Raspberry sorbet | Coconut sorbet

## LUNCH & EARLY EVENING MENU

*Everyday 12 noon - 6pm | See separate menu*

*1 Course - 12.75 | 2 Course - 17.75*

*3 Course - 22.75*

**Please always inform your server of any allergies before placing your order as not all ingredients can be listed and we cannot guarantee the total absence of allergens in our dishes. Detailed allergen information is available on request.**

A discretionary service charge will be added to your bill.

Join Club Individual today, our lifestyle rewards club. You will receive a minimum of 5% back on your card on everything you spend together with a £20 Welcome Dining Gift\*. In addition take advantage of many other club member privileges. \*Full terms & conditions on our website

*the*  
**TUNBRIDGE WELLS**  

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*bar & grill*

*At Tunbridge Wells Bar & Grill we serve internationally inspired classic dishes using outstanding ingredients. At the heart of our menu is our theatre charcoal grill & wood stone oven. We only use lumpwood charcoal & sustainable wood from the English countryside, it's natural with no additives & imparts the most amazing flavour and aromas to our food. Specialising in the best steak cuts from around the world, provided by our very own butchers in Cheshire.*