

# GLUTEN INTOLERANCE & GLUTEN ALLERGY

## SHARING

Giant Apulian Cerignola olives (Ve)	4.75
Colchester rock oysters <i>Half dozen freshly shucked oysters, bloody mary, tabasco, lemon</i>	16.50

## COLD COUNTER

Tamarind glazed heritage beetroot <i>Baby spinach, salted pistachios, soya labneh (Ve)</i>	9.25
Smoked salmon <i>Jersey butter, lemon</i>	10.50
Prawn cocktail <i>Wild Mediterranean &amp; Atlantic prawns, avocado, Marie Rose, lemon</i>	10.75
Seared beef fillet carpaccio <i>Wasabi remoulade</i>	11.95

## HOT STARTERS

Soup au pistou <i>Vegetables, basil, pecorino (v)</i>	6.95
Chargrilled asparagus <i>Poached free range egg, truffle butter (v)</i>	8.95
Isle of Man scallops <i>Chorizo, broccoli, romesco sauce</i>	12.95
Chicken skewers <i>Tikka spices, mint yoghurt</i>	9.50

## SALADS

Baked Somerset goats cheese <i>Roast heritage beetroot, chicory, watercress, toasted hazelnuts (v)</i>	15.50
Chargrilled chicken Caesar <i>Gem lettuce, Caesar dressing, bacon</i>	13.75
Superfood <i>Hazelnut tabbouleh, broccoli, avocado, sugar snap peas, roast sweet potato, baby gem lettuce, cherry tomatoes, tahini dressing (Ve)</i>	13.50
<i>Add chargrilled Loch Duart salmon, halloumi (v) or chicken</i>	16.00

## NAKED BURGERS

Aberdeen Angus beef <i>Cheddar cheese, club sauce, butter lettuce, grilled onions, pickles, tomato, harissa spiced potatoes</i>	15.50
Grilled halloumi <i>Chipotle mayonnaise, butter lettuce, grilled onions, pickles, tomato, harissa spiced potatoes (v)</i>	13.95

## 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	20.95
<i>The butcher's steak, served medium rare</i>		
Fillet	225g	29.75

#### 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	21.75
Sirloin	225g	22.50
Ribeye	225g	23.95

#### 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.*

Sirloin	per 100g	12.50
Ribeye	per 100g	13.00

#### 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	200g	29.75
<i>Butternut squash caponata, juniper berries, rosemary, red wine</i>		

## BUTCHER'S CUTS

*Native British breeds dry aged up to 35 days - ideal for sharing. Harissa spiced potatoes, choice of sauce*

Bone in prime rib	800g	65.25
<i>One of the finest steak cuts, tender with a wonderful rich flavour</i>		
Porterhouse	800g	65.25
<i>Sirloin on one side of the bone &amp; fillet on the other. Best of both worlds</i>		
Chateaubriand	450g	65.25
<i>The prized cut from the fillet head, deliciously soft &amp; tender, served with roast tomato &amp; mushrooms</i>		

## SAUCES & TOPPERS

*Peppercorn, béarnaise (v), hollandaise (v), truffle butter (v) | each 1.95*

*Half lobster 24.25  
Fried free range duck egg (v) 2.25*

## MAINS

Asparagus risotto <i>Broad bean, pea, leek &amp; pecorino cheese (v)</i>	14.50
Thai green curry <i>Marinated tofu (Ve) or chicken, pak choi, broccoli, sticky rice, crispy ginger, chilli, peanuts</i>	15.75

## MEAT & POULTRY

Slow roast crispy duck <i>Pak choi, broccoli, honey, sesame</i>	18.75
Skewered chicken souvlaki <i>Tzatziki</i>	18.50
Roast lamb rump <i>Creamed potato, spinach, broad beans, peas, mint</i>	20.75

## FISH & SHELLFISH

Teriyaki salmon <i>Loch Duart salmon, sticky rice, pickled onions, lime</i>	20.25
Sea bass <i>Tikka spices or simply grilled</i>	21.25
Tuna au Poivre <i>Harissa spiced potatoes, béarnaise sauce</i>	22.50
Spicy shrimp risotto <i>Crispy kale</i>	14.75

## SIDES

Chargrilled broccoli, chilli, garlic (Ve)	5.00
Pak choi, ginger, spring onion (Ve)	4.75
Creamy spinach, pecorino cheese (v)	5.00
Creamed potatoes (v)	4.75
Crushed new season potatoes (v)	4.75
House salad (Ve)	4.75

## DESSERTS

### CHEESE

Quicke's Vintage Cheddar Colston Bassett Stilton (v) Tunworth <i>Pear &amp; apple chutney, red grapes, walnuts</i>	10.50
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### PETIT FOUR

Chocolate & hazelnut truffles (v)	4.25
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### ICE CREAM & SORBET (v)

Vanilla   Chocolate	6.25
Limoncello   Blackberry ripple	
Mango & vanilla iced yoghurt	
Raspberry sorbet (Ve)	
Coconut sorbet (Ve)	

**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 Welcome Dining Gift\*. In addition take advantage of many other club member privileges. \*Full terms & conditions on our website

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# BANK

RESTAURANT & BAR

*At Bank Restaurant & Bar we serve internationally inspired classic dishes using outstanding ingredients. At the heart of our menu is our charcoal grill. 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.*