MANS MARKET

GLUTEN FREE MENU

NIBBLES & MUNCHIES

LET THE GRAZING BEGIN!

101 PRAWN CRACKERS £3.85
Served with Sweet & Sour Dipping Sauce.

102 EDAMAME BEANS (VE) £4.50
Coated with Chilli Salt.

103 CRISPY MOCK SEAWEED (VE) £4.25
With Chilli Flakes & Sesame Seeds.

SOUP-A-LICIOUS

YOUR FAVES WITH A MANS TWIST

104 SWEETCORN SOUP (CAN BE VE) £5.95
Steamy Broth with Sweetcorn & Egg Ribbons. Light but packed with flavour. Topped off with a splash of Sesame Oil & Fresh Spring Onion.
Add Tofu +£1.95
Add Chicken +£1.95

105 GINGER & SPRING ONION SOUP (VE) £5.95
Hearty Broth loaded with Garlic, Ginger & Spring Onion. Fresh, fragrant, full of flavour and finished with Sesame Oil & Chives.

CHINESE TAPAS

PERFECT AS A STARTER OR SMALL PLATES TO SHARE

106 SALT & PEPPER
Served with Bang Bang Mayo
Choose:
Chicken £9.95
Halloumi(V) £9.50
Tofu(VE) £8.50

107 POPCORN CHICKEN £9.75
Choose From:
Hoisin, Chives & Sesame
Hot Honey, Candied Chilli & Chives

108 STICKY BELLY PORK BITES £10.25
Slow-Cooked Tender Belly Pork, glazed with our Hot Honey. Topped with Pink Onions, Candied Chillies & Soy Garlic Mayo.

109 CHICKEN WINGS £9.95
Choose From:
Salt & Pepper
Hot Honey, Candied Chilli & Chives

110 HOT HONEY HALLOUMI FRIES (V) £9.50
Served with Sweet Chilli Dip.

(V) Vegetarian (VE) Vegan (N) Nuts

Tip Jar..A discretionary service charge of 10% is added to all tables, this goes directly to the team. For tables of 10+ guests, a compulsory service charge applies.

MANS MAINS

GO ALL IN OR GREAT TO SHARE

111 SWEET & SOUR £16.50
Everyones favourite with a modern twist.
Choose: Chicken | Prawn | Tofu (VE)

112 KUNG PAO (N) £16.95
Mixed Vegetables, coated in a Spicy Chilli glaze with Peanuts.
Choose: Chicken | Prawn | Beef | Tofu (VE)

113 BLACKBEAN & PEPPER £16.50
This one is a classic! Red Onion & Mixed Peppers in our Black Bean Sauce with a spicy zing! Full of flavour, proper tasty!
Choose: Chicken | Beef | Tofu (VE)

114 MONGOLIAN £16.95
Mixed Vegetables, Spring Onion, Mushrooms and our Stir Fry Sauce.
Choose: Chicken | Beef | Tofu (VE)

115 BLACK TRUFFLE & HONEY CHICKEN £16.95
Chicken and Broccoli, glazed with our mouth-watering Garlic, Honey & Black Truffle Sauce and finished with toasted Sesame Seeds.

116 SALT & PEPPER £17.50
Stir-Fried Vegetables & Chillies, tossed in our secret Salt & Pepper seasoning with Garlic & Sweet Chilli
Choose: Chicken | Tofu (VE)

SUPPORT ACTS

COMPLETE YOUR MEAL A SIDE (OR 3)

123 STEAMED RICE (VE) £4.75
with Fresh Spring Onion.

124 SINGAPORE RICE (VE) £5.25
Steamed Rice with our Spicy Seasoning, Spring Onion & toasted Sesame Seeds.

125 CHIPS (VE) £4.25

126 SALT & PEPPER CHIPS (VE) £5.95

127 GARLIC CHINESE GREENS (VE) £5.95

128 JUG OF SAUCE £3.75
SWEET & SOUR (VE)

129 DIPPING SAUCE £1.25
BANG BANG MAYO(VE) **| HOISIN**(VE) **| HOT HONEY | CHILLI JAM** (VE)

SWEETS & TREATS

133 HOME-MADE BROWNIE £7.50
Warm Chocolate Brownie, served with Madagascan Vanilla Ice Cream & Chocolate Sauce.

134 LUXURY DAIRY ICE CREAM £6.50
3 scoops (same flavour)
Choose: Madagascan Vanilla | Double Chocolate

NOODS & GRAINS

SOLO FEAST OR TASTY EXTRA TO SHARE. LIVE YOUR BEST LIFE!

117 MANS FRIED RICE (CAN BE VE) £12.95
Our take on the classic Fried Rice dish with Onions, Chinese Greens, Egg Ribbons & our Stir-Fry Sauce.
Add Chicken | Prawn | Beef | Tofu (VE) +£3.75
Special +£4.25

118 CHOW MEIN (CAN BE VE) £13.95
Everyone's favourite! Traditional Noodle dish, with Carrots, Sesame, Onions, Soy Broth, Chinese Greens, & Beansprouts.
Add Chicken | Beef | Prawn | Tofu (VE) +£3.75
Add Duck | Special +£4.25

119 DUCK FRIED RICE £16.95
The ultimate rice experience. Fragrant Fried Rice tossed with Crispy Aromatic Duck, Chinese Greens, Onion, Egg Ribbons & GF Soy sauce.

120 CHINESE NOODLES (VE) £13.95
Flat Noodles, tossed in our Spicy Seasoning, with Sliced Peppers, Red Onion & Beansprouts, then finished with Fried Garlic & Toasted Sesame Seeds.
Add Chicken | Prawn | Tofu (VE) +£3.75
Add Chicken & Prawn +£4.25

121 YAKISOBA NOODLES (CAN BE VE) £16.50
Soft noodles, tossed with Mixed Vegetables, Chillies, Soy Broth, Egg Ribbons, & Lemon Juice. Topped with Pickled Ginger, Crispy Seaweed and Toasted Sesame Seeds.
Choose: Belly Pork | Chicken | Tofu

122 BLACK TRUFFLE & MUSHROOM RICE £13.95
The taste of luxury fusion. Our Oriental Rice, tossed with Field Mushrooms, Red Onion, Egg Ribbons, Black Truffle, Garlic & Stir-fry Sauce. (CAN BE VE)
Add Chicken +£3.75

CHOPSTICK CHIPS

LOADED CHIPS MANS MARKET STYLE

130 HOISIN DUCK £9.95
Crispy Duck, Sliced cucumber, Spring Onion, Asian Slaw, Hoisin & Sesame.

131 SALT & PEPPER £9.50
Tossed in our Secret Seasoning with Chillies & Spring Onion then loaded with Asian Slaw & Bang Bang Mayo.
Choose: Popcorn Chicken | Tofu (VE)

132 SWEET CHILLI HALLOUMI (V) £9.50
Crispy Halloumi, glazed with Sweet Chilli, topped with Asian Slaw, Spring Onion, Bang Bang Mayo & Crispy Red Onion.