GLUTEN FRIENDLY

NIBBLES

GORDAL OLIVE PICANTE
Sun-blushed tomato 6.45

CLASSIC E.V.O.O. HOUMOUS
Crispy chickpeas, gluten free bread, pomegranate 7.45

SMALL PLATES

LIDO SMOOTH PATE
Gluten free toast & red onion jam 8.45

PRAWN MARIE ROSE
Baby gem & lemon 10.25

WOODLAND MUSHROOM & TRUFFLE CROSTINI
Garlic & Parmesan cream 9.25

GAMBAS PIL PIL
King prawns, chilli & garlic oil, gluten free bread 10.75

SOUP DU JOUR
Warm gluten free bread, sea salt butter 6.25

FOOD ALLERGENS & INTOLERANCES:
For our guests with food sensitivities, allergies or special dietary needs: We prepare and serve products that contain all 14 major allergens. Although we and our suppliers take every care in preparing your meal, regular kitchen operations across our supply chain involve shared cooking and preparation areas, and food variations may occur due to ingredient substitutions, recipe revisions, and/or preparation at the restaurant. For these reasons, we cannot guarantee that any menu item will be completely free of allergens. Please ask to speak with a manager if you have any queries about any dietary or allergen requirements

V Vegetarian VE Ask for Vegan

We apply a discretionary optional 8% service charge to the bill for parties of 6 or more. 100% of all service charge goes to our staff.

MAINS

CLASSIC CAESAR SALAD
Baby gem, crispy gluten free croutes, garlic mayo dressing & Parmesan 11.45

SOUVLAKI CHICKEN BURGER
Gluten free bun, gem lettuce, tomato, houmous & crispy potatoes 16.95

CHURRASCO SIRLOIN STEAK
6oz sirloin, parmentier potatoes, pepper & brandy sauce 21.95

COCONUT CHILLI CHICKEN
Bok choy, sweet chilli & coconut cream, fragrant rice 17.95

GAMBAS PIL PIL
King prawns, chilli & garlic oil, gluten free toast, Lido salad 16.95

LIDO BEEF BURGER
Gluten free bun, gem lettuce, dill pickle, crispy onion, burger sauce 16.95

PASTA

CARBONARA SPAGHETTI
Smoked pancetta, free range egg & Parmesan cream 13.95

CHILLI KING PRAWN PENNE
Chilli king prawn, sun blushed tomato, flat leaf parsley 17.95

LIDO MAC & CHEESE V
Aged cheddar & Parmesan cream, soft herb crumb 11.95
Add Chicken 3.00
Add Bacon 2.00

POLLO PICANTE PENNE
Spiced pulled breast of chicken, chilli & herb cream, Parmesan 16.45

GLUTEN FRIENDLY

LIDO

FOOD ALLERGENS & INTOLERANCES:

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