

**GLUTEN  
FREE  
MENU**



**PANAM**  
RESTAURANT AND BAR

## SANDWICHES

Sandwiches available  
until 5.00pm

*Served with seasoned fries, mixed leaf salad and coleslaw*

<b>Brooklyn Steak Sandwich</b> Steak strips, BBQ sauce, Jack cheddar cheese	£12.50
<b>Clubhouse Sandwich</b> Chicken, bacon, Jack cheddar cheese, red onion jam	£12.50
<b>Cubana</b> Roasted vegetables, caramelised onions, halloumi	£12.50

**Rotisserie Chicken** £11.95

Half bird, choice of glaze, seasoned fries, green salad,  
oil & vinegar dressing

**Glazes** – Piri Piri, Jamaican Jerk or Lemon herb & garlic

**Caribbean Curry** £11.95

Curried coconut broth, sweet basil, palm sugar, tamarind, rice

**Add chicken £2.00 or prawns £3.00**

**Rio Frio Salad** £12.50

Home smoked salmon, lettuce, cherry tomatoes,  
cucumber, olive oil, sea salt, dill dressing

**Louisiana Chargrilled Tuna steak** £17.95

Served pink, crushed creole sweet potato, wilted greens

## BURGERS

*Served with lettuce, tomato, red onion, garlic mayo, gherkin, seasoned fries, coleslaw*

**Gourmet Burger** £11.95

Handmade prime minced beef patty

**The Panam Jack** £12.95

Gourmet beef burger with Jack cheese

**Down 'n' Dirty** £13.95

The Panam Jack with pulled Texas chicken, smokey BBQ sauce

**Sao Paulo Chicken** £12.95

Chargrilled breast, piri piri marinade

**Black & Blue** £14.00

Black Angus beef patty, blue cheese

## FROM THE GRILL

**Featherblade Steak** £14.95

Seasoned fries, herb butter, green salad with oil  
and vinegar dressing

**New York Steak Classic** £19.95

Aged sirloin, herb butter, seasoned fries, roasted tomato,  
field mushroom

**14oz Bone on Ribeye** £24.95

Aged ribeye, herb butter, seasoned fries, roasted tomato,  
field mushroom

## DESSERTS

**Salted Caramel Brownie** £5.50

Vanilla ice cream



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