

# Gluten Free Menu

## Starters

### **Prawn Cocktail**

With a Marie rose sauce, gluten free bread, lemon wedge & dressed leaves

**£ 7.50**

### **Chilli, Potato and Lentil Cakes**

Served with a bed of salad & a paprika mayonnaise dip **£6.25**

### **Camembert**

Baked Camembert studded with Garlic & Thyme, served with a dressed salad garnish, toasted gluten free ciabatta & homemade fruit chutney **£6.95**

### **Smooth Liver Pate**

Liver Pate with gluten free toast, homemade fruit chutney and dressed leaves **£6.95**

### **Bruschetta**

Warm garlic ciabatta, topped with fresh tomato & basil, sundried tomato, onion and mozzarella, balsamic glaze & dressed leaves **£6.95**

### **Garlic Ciabatta £3.50**

**With Cheese £4.50**

## Main Courses

**Please note that our chips are not gluten free. The gluten free potato options are, mash potatoes, new potatoes or herb roasted potatoes**

### **Slow Cooked Beef - £13.70**

Slow cooked beef steak in a red wine and mushroom sauce, served with mash potato and fresh vegetables

### **Lamb Chops - £9.50**

Lamb chops in a honey and mint gravy, served on a bed of mash potato with vegetables

### **Minted Lamb Steak - £14.95**

Braised minted lamb steak with a honey and mint gravy served on a bed of mash potato with fresh vegetables

### **Fillet Steak (8oz\*) £19.95**

Pan Fried Fillet steak served with grilled tomato, mushrooms, herb roasted potatoes and a side salad. Add either Stilton or Peppercorn sauce £2.95

### **Creamy Garlic Chicken - £13.75 s/a £8.50**

Pan fried chicken breast in creamy garlic and mushroom sauce, served with herb roasted potatoes and fresh vegetables

### **Cajun Chicken - £13.75**

Chargrilled Cajun spiced Chicken breast served with grilled Tomato & sauté Mushrooms with herb roasted potatoes or new potatoes & a side salad

### **Cajun Chicken Burger £12.75 s/a £8.50**

Cajun chicken breast, lettuce and mayonnaise in a gluten free toasted ciabatta, herb roasted new potatoes & a side salad

### **Ham & Eggs - £9.95 s/a £6.95**

Succulent hand carved ham served with herb roasted potatoes or new potatoes & a side salad

### **Gluten Free Beef Burger £12.75 (8oz) £8.50 (4oz)**

Served in a gluten free toasted ciabatta with cheese, bacon and onions, served with herb roasted potatoes & a side salad

### Vegetarian/Vegan options

#### **Field Mushroom and Chick pea Spicy Chilli Burger - £12.95 - vegan**

Served in a bun with fried onions, burger relish and vegan cheese with herb roasted new potatoes and a side salad

#### **Stuffed Pepper £12.95 s/a £7.95 – (Vegan Option Available)**

Roasted red peppers filled with cumin rice, sun-blushed tomatoes, chick peas and kidney beans, served with herb roasted new potatoes and a side salad

#### **Hazelnut & Cranberry Nut Roast £12.95 s/a £8.25 – (Vegan Option Available)**

Served with a cider and plum sauce, fresh mixed vegetables and herb roasted new potatoes

#### **Baked Cod £12.75 s/a £8.50**

Baked fillet of cod with a lemon & herb butter, served with roasted cherry tomatoes, buttered new potatoes & seasonal vegetables

### Salad's

#### **Chicken & Bacon Salad £12.75 s/a £8.95**

Strips of chicken and bacon in a honey and coarse grain mustard dressing with a mixed salad

#### **Prawn Salad £12.95 s/a £9.25**

With a Marie Rose sauce and lemon dressed leaves

#### **Feta Salad £12.50 s/a £8.75**

Feta, sundried tomato olive and pine nuts with dressed mixed leaves

### Desserts £6.25

#### **Treacle Sponge Pudding**

served with a choice of cream, ice cream or custard

#### **Double Chocolate Sponge Pudding**

Served with a choice of cream, ice cream or custard

#### **Profiteroles**

Served with fresh cream and chocolate sauce

#### **Vegan Chocolate Cake**

With a chocolate syrup, served with a choice of Soya custard or soya cream

#### **Caribbean Meringue**

Coffee meringue served with fresh cream, bananas & butterscotch sauce

#### **Ginger Meringue**

Served with fresh cream and poached apricots and an orange, white wine and honey coulis

#### **Vanilla Meringue**

Served with fresh cream, strawberries and a summer fruit coulis

#### **Vegan Ginger Sponge**

Topped with a ginger Syrup, with a choice Soya custard or soya cream