

Gluten friendly Menu

(Non-Gluten containing ingredients)

Starters

(All served with a gluten free roll)

Homemade seasonal soup £5.25

Pan-fried smoked mackerel with spicy garlic butter £4.95

Gravadlax, beetroot cured and smoked salmon with lemon and caper dressing £6.95

Salads

Caesar salad with char grilled chicken breast and crispy bacon £6.95/£11.95

King prawn and crabmeat salad with chilli apple sour cream dressing, purple grapes, peas and mange tout
£7.95/£12.95

Mains

Thai red curry with char grilled chicken breast, fragrant basmati rice and stir fried vegetables £13.95

Oven roasted haddock fillet with a choice of potatoes and homemade pea purée £11.95

Pan fried duck breast with port and orange sauce, buttered potatoes, braised red cabbage, carrots and
spinach £16.45

Pan fried sea bass with garlic, lemon and parsley butter, creamy mashed potato buttered spinach and fried
sweet bell peppers and tomatoes £15.95

Pan roasted lamb rump with honey roast parsnip, minted pea puree, braised red cabbage and basil crushed
potatoes with oxtail sauce £16.95

Homemade sweet potato, feta and beetroot hash brown, hummus and sweet corn salad with red wine and
balsamic dressing £10.95

10oz/8oz rib eye steak £22.95/£18.95

12oz/10oz Staffordshire sirloin steak £24.95/£20.95

8oz Staffordshire mid cut fillet steak £24.95

(all with a baked field mushroom, grilled plum tomato and a choice of potatoes)

Add a sauce for £1.95 – Shropshire blue cheese, Malbec red wine sauce, and peppercorn sauce or garlic & herb butter

Please note that we do endeavour to keep the fryer oil used for our chips free from gluten, however this is not always possible. If you suffer from a severe intolerance, then please enquire with a member of the management team as to whether or not the oil can be guaranteed to be gluten free at the time of your visit.

*Our sauces are made in house using a thickening agent that does not contain any cereals within its ingredients. It does however state that it **may** contain wheat.*