

# GLUTEN FRIENDLY MENU

## (NON-GLUTEN CONTAINING INGREDIENTS)



### STARTERS

(served with a gluten free roll)

Homemade seasonal soup £5.25

Smoked Mackerel pate £6.45

### SALADS

Poached sea trout and smoked salmon, with jersey royals, soft boiled egg, green beans, baby gem lettuce and sour cream & dill dressing £7.95/£12.95

### MAINS

Thai red curry with chargrilled chicken breast, fragrant basmati rice and stir fried vegetables £14.45

Oven roasted haddock fillet with a choice of potatoes and homemade pea purée £12.95

Pan fried duck breast with dauphinoise potatoes, butternut squash purée, braised pak choi and cherry & port sauce £16.45

Pan fried sea bass with a creamy dill & prawn sauce, with cherry tomatoes, sautéed potatoes, pea purée and seasonal vegetables £15.95

Trio of Lamb, chargrilled lamb rump, lamb cutlet and potted shepherds pie with buttered greens and redcurrant sauce £17.95

Pan roasted hake with spanish saffron rice, shave manchego cheese and sun dried tomato drizzle £15.95

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 –Blue cheese, Béarnaise, red wine, and peppercorn sauce or garlic & herb butter

### DESSERTS

Ice cream & sorbet selection £5.25

Passionfruit Crème brûlée £6.95

Fresh fruit salad £5.95

***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 (McDougals) that does not contain any cereals within its ingredients. It does however state that it **may** contain wheat.*