

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 baby potatoes, soft boiled egg, green beans, baby gem lettuce and sour cream & dill dressing	£7.95 / £14.95
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MAINS

Thai red curry with chargrilled chicken breast, fragrant basmati rice and stir-fried vegetables	£14.95
Oven roasted haddock fillet with a choice of potatoes and homemade pea purée	£12.95
Pan fried sea bass fillets with crayfish, pea & asparagus risotto, red pepper concasse and lobster butter	£16.95
Pan fried duck breast with sweet potato rosti, butternut squash purée, braised pak choi and cherry and port sauce	£17.45
Pan fried lamb rump with dauphinoise potatoes, garlic purée, glazed beets, Chantenay carrots and mint jus	£17.95
Venison steak with dauphinoise potatoes, Chantenay carrots, asparagus, savoy cabbage and cherry & blackberry sauce	£18.95

8oz rib eye steak	£19.95
10oz Staffordshire sirloin steak	£21.95
8oz Staffordshire mid cut fillet steak	£25.95

(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.*