

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
Roasted salmon fillet with butternut squash, wild mushroom & spinach hash soft poached egg and sesame steamed broccoli	£17.45
Pork tomahawk steak with broccoli, crushed potatoes, edamame beans and silver skin onions with a lemon & sage 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

Vanilla 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.