# Gluten Free Menu

All options on this menu are gluten free please let your server know when ordering that it is a gluten free option you require.

They will also be happy to assist if there is any other allergens to adjust for

## **NIBBLES**

**Marinated Olives** 

£6.95

with French bread, olive oil & balsamic

Rollmops served with gluten free bread & butter, & Balsamic dres	£7.50
Simply Smoked Salmon salad garnish & buttered brown bread	£8.95
Prawn Cocktail	£8.95
salad garnish & gluten free bread  Beef Chilli Nachos	£9.50
with melted cheese & sour cream  BBQ Pulled Pork Nachos	£9.95
CHILDREN'S	

## HILDREN S

Ham, Egg & Chips	£7.50
Oven Baked Haddock,	£7.95
Chips & peas	
Grilled Fresh Chicken Strips	£7.95
chips & beans	
Beef chilli	£7.50
chins or rice	



# **MAINS**

Ham & 2 Eggs with chips		18	£13.50
Cold Seafood Boar prawns, rollmops, smoked served with gluten free bro	salmon,	nish	£16.95
Oven Baked Hadd with peas & tartare sauce	ock & Chip	OS	£16.95
Beef Chilli, Chips oven baked & served with			£13.95
Pan Fried Seabass drizzled with fresh basil oi roasted cherry tomatoes &	The second secon	ew potatoes,	£15.95
Char Grilled Chicl with chips, salad, coleslaw		£15.95	
Vegan Cauliflower with basmati rice	& Red Pep	per Curry	£13.95
5	SIDE O	<b>RDERS</b>	
Chips	£3.50	<b>Cheesy Chips</b>	£4.50
<b>New Potatoes</b>	£3.50	<b>Green Beans</b>	£3.00

## **LIGHTER BITES SANDWICHES**

on gluten free bread served with chips, salad & coleslaw

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Cheese	£7.95
Ham	£8.95
Bacon	£8.95
Tuna Mayonnaise	£8.95
Chicken & Bacon in Mayonnaise	£9.95
<b>Smoked Salmon &amp; Cream Cheese</b>	£9.95
Brie & Bacon	£9.50
Prawn in Marie Rose Sauce	£9.95

## **JACKET POTATOES**

all served with salad & coleslaw

Cheese	£8.95
Tuna	£9.50
Beans	£8.50
Prawn in Marie Rose Sauce	£10.50
Chicken & Bacon in Mayonnaise	£10.50
<b>Smoked Salmon &amp; Cream Cheese</b>	£10.95
Beef Chilli	£10.50

## **PLOUGHMAN'S**

## **SALADS**

all served with salad, coleslaw, pickle,		mixed salad tossed with new potatoes	
pickled onion & gluten free l	pread	Warm Chicken & Bacon	£13.95
Ham	£12.50	honey & mustard dressing	
Cheddar and Brie	£12.95	Fresh Dressed Crab	£16.95
Ham & Cheese	£12.95	lemon mayo dressing	
choose from cheddar or brie		Ham & Cheese	£12.95
<b>Smoked Salmon &amp; Praw</b>	n £14.95	Smoked Salmon & Prawn	£14.95
with marie rose sauce		with marie rose dressing Greek with Feta & Olive	£12.95

#### **BRIOCHE BUNS**

#### Served in a Gluten Free Bun with Chips, Salad & Homemade Coleslaw

£16.95

Choose from Chicken Breast or Homemade Beef Burger Topped with our BBQ Pulled Pork, Crispy Streaky Bacon Pieces, Smoked Cheese, Gem Lettuce, Beef Tomato & Gherkin

**BBQ Pulled Pork** £14.95

**Homemade Beef Burger** £13.95

gem lettuce, beef tomato & gherkin

Fresh Chicken Breast £14.50

gem lettuce, beef tomato, gherkin & Cajun mayo

Add Cheese £1.25

Add Bacon £1.25

#### **DESSERTS**

**Syrup Sponge Pudding** £7.95

with custard

**Meringue Nest with Summer Berries** £7.95

with cream

#### **ICE CREAM**

1 scoop £1.95 2 scoops £3.95 3 scoops £5.95 served without wafers

Rum & Raisin Vanilla Strawberry Vegan Vanilla

Vegan Lemon Sorbet Chocolate

Salted Caramel

#### **HOT DRINKS**

Wide selection of Fresh Ground Coffees and Flavoured Teas

