

Gluten free menu

please tell the staff you are choosing off the gluten free menu to ensure the chefs are aware

Dishes also suitable for vegans denoted

Df equates to dairy free

starters

homemade tomato and basil soup (vegan & df)	£3.95
fanned melon served with a fruit coulis (vegan & df)	£3.95
pan-fried garlic mushrooms (vegan & df)	£4.95
home-made duck & Cointreau pate with red onion chutney and gf toast	£5.50
tiger prawns in a chilli and lime butter with gf bread	£5.95

main courses

Served with either home-made chips, new potatoes, sautéed potatoes or jacket potato
and either salad or vegetables unless otherwise stated

stuffed chicken breast (df)	£12.95
with red peppers & spinach , wrapped in smoked bacon served with a gf red wine jus	
loin of pork (df)	£14.95
on a bed of caramelized apples with gf gravy	
spiced pork, sweet potato and apricot tagine (df)	£13.95
with spiced lemon and chickpea cous cous	
14oz gammon steak (df without egg)	£12.95
served with pineapple, egg, grilled tomato and mushrooms	
lambs liver with gf gravy (df)	£11.95
on a bed of rosemary mash	
8oz sirloin steak (df)	£17.95
served with grilled tomato and mushrooms	
Harissa salmon (df)	£14.95
With a timbale of rice	

12oz rump steak (df without egg) £16.95

Served with pineapple, fried egg, grilled tomato and mushrooms

Char-grilled chicken breast (df) £13.95

Marinated in lemon, garlic, cayenne pepper & coriander
With sweet potato fries and salad

Vegetable , sweet potato and apricot tagine (vegan & df) £11.95

Served with a lemon and chickpea couscous

pasta cooked with a roasted vegetable and garlic sauce (vegan & df) £8.95

stuffed peppers (vegan & df) £10.95

with mixed vegetables with a lemon and chickpea cous cous

Stir-fried vegetables cooked in a sweet chilli sauce with boiled rice (vegan & df) £8.95

desserts

meringue nests filled with strawberries fruit and whipped cream £4.50

fresh fruit salad (vegan & df) £4.95

gluten free bread and butter pudding with custard £5.50

cheese and gluten free crackers £5.95

baked apple with soya custard (vegan & df) £4.95

please note this dish must be ordered at the time of your mains due to cooking time

homemade fruit crumble with soya custard (vegan & df) £4.95

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belgian chocolate torte £5.50