

# 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)	£4.50
Fanned melon garnished with forest fruits and served with a fruit coulis (vegan & df)	£4.50
Pan-fried garlic mushrooms (vegan & df)	£4.95
Home-made duck & Cointreau pate with apple and cider chutney chutney and gf toast	£5.75
Wild mushroom and stilton toast wild mushrooms pan fried in a garlic butter on toasted gluten free bread topped with melted stilton	£5.75
Sticky honey glazed tiger prawn skewer (df) served with a sweet chilli dipping sauce	£6.95

## main courses

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

Beer glazed slow roasted belly pork (df) served on a bed of sweet potato mash	£14.95
Stuffed Chicken breast (df without the mozzarella) with sundried tomatoes, mozzarella and baby leaf spinach served on a balsamic reduction	£13.95
Lamb Kleftiko (df without the feta) diced lamb slowly cooked until tender marinated in lemon, garlic and herbs with tomatoes, red peppers, black olives and potatoes, topped with feta cheese	£14.95
14oz gammon steak (df without egg) served with pineapple, egg, grilled tomato and mushrooms	£12.95
8oz sirloin steak (df) served with grilled tomato and mushrooms	£18.95
8oz Rib-eye steak (df) served with grilled tomato and mushrooms	£19.95

Hickory chicken chargrilled chicken breast topped with cheddar cheese, bacon and bbq sauce served in sizzling skillet	£13.95
Pork, apple and mustard kebabs served with rice salad and a honey and mustard dipping sauce	£13.95
Sticky honey glazed tiger prawn and salmon skewers (df) served with rice and a sweet chilli dipping sauce	£16.95
Smoked haddock and sweet potato chowder (df)	£13.95
Sicilian style salmon (df) salmon fillet marinated in olive oil, lime juice, chilli flakes, paprika and ground black pepper served with wild garlic mushrooms and tender-stem broccoli	£15.95
vegetable pasta in a tomato and garlic sauce (vegan & df)	£9.95
Stuffed peppers (vegan & df) with mixed vegetables and served on a balsamic reduction	£10.95
Stir-fried vegetables cooked in a sweet chilli sauce with boiled rice (vegan & df)	£9.95
Sweet potato and corn chowder (vegan & df)	£11.95
<u>desserts</u>	
meringue nests filled with fruit and whipped cream	£4.95
fresh fruit salad (vegan & df)	£5.50
gluten free bread and butter pudding with custard	£5.95
cheese and gluten free crackers	£6.95
baked apple with soya custard (vegan & df) please note this dish must be ordered at the time of your mains due to cooking time	£5.50
homemade fruit crumble with soya custard (vegan & df) please note this dish must be ordered at the time of your mains due to cooking time	£5.50
belgian chocolate torte	£5.95