

Gluten free Menu

please tell the staff you are choosing off the gluten free menu to ensure the chefs are aware
(df) equates to dairy free

Starters

Homemade tomato and basil soup (df)	£4.95
Fanned melon granished with forest fruits and served with a fruit coulis (df)	£4.95
Garlic and coriander mushrooms pan-fried in olive oil, garnished with a crisp side salad (df)	£5.50
Mushroom and avocado toast toasted gluten free bread topped with pan-fried garlic mushrooms, crushed avocado, cherry tomatoes and red onion	£5.95
Jerk chicken kebabs with homemade mango salsa (df)	£5.95
Homemade duck and Cointreau pate served with spiced fruit chutney and gluten free toasted bread	£5.95

Main courses

Whole seabass with sizzled ginger, chilli and spring onions (df)	£16.95
Chicken breast stuffed with wild mushrooms, stilton and spinach wrapped in streaky bacon, with garlic parmentier potatoes, roasted cherry tomatoes and sautéed fine green beans served with a gluten free sauce	£14.95
The barns superfood salad (df) kale, baby leaf spinach, avocado, pomegranate, walnuts, almonds, blueberries, quinoa, edamame beans and water cress. add chicken breast for £3.00 add salmon fillet £4.00	£11.95
Slow roasted belly pork with apple puree and fondant potato, served with a gluten free sauce	£15.95
Stuffed Aubergine (df) filled with white and brown rice, tomatoes, garlic, mushrooms, red onion, spinach, kidney beans and sweetcorn on a balsamic reduction	£12.95
King prawn and calamari pasta gluten free pasta tossed in chilli and lime served with salad	£15.95
Vegetable pasta (df) gluten free pasta in a roasted red pepper and tomato sauce, served with garlic ciabatta and salad	£11.95

Mediterranean lamb pie slowly cooked lamb with black olives, garlic, onions and peppers topped with feta cheese mash	£14.95
Roasted pear, goats cheese and walnut salad	£11.95
chargrilled jerk chicken kebabs (df) served with rice and peas, salad and homemade mango chutney	£13.95
8oz sirloin steak (df) served with grilled tomato and mushrooms	£18.95
8oz Rump steak (df) served with grilled tomato and mushrooms	£15.95
14oz gammon steak served with pineapple, egg, grilled tomato, mushrooms	£13.95

We have the following gluten free Jethro dressing's available:
green chilli and coriander, red chilli and garlic, lemon bay and rosemary

Desserts

Mango eton mess layers of mango, meringue and mango cream topped with white chocolate shavings and mixed berries	£5.50
Classic italian affogato vanilla gelato topped with a hot espresso shot	£4.95
Blueberry panna cotta blueberry compote topped with creamy vanilla panna cotta	£5.50
Chocolate and orange torte served with sorbet (df)	£5.95
gluten free bread and butter pudding with custard	£5.95
cheese and gluten free crackers	£6.95
baked apple with soya custard (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 (df) please note this dish must be ordered at the time of your mains due to cooking time	£5.50
meringue nests filled with fruit and whipped cream	£4.95