

Gluten Free Menu

Please inform the staff you are ordering from the gluten free menu to ensure the chefs are aware
(df) equates to dairy free option

Starters

Homemade soup of the day served with a crusty roll	(df)	£4.95
Pan fried garlic mushrooms served with gluten free bread	(df)	£5.95
Homemade duck and Cointreau pate served with spiced fruit chutney and crusty toasted bread		£5.95
Italian Meatballs Homemade beef meatballs, in a tomato and red pepper sauce topped with melted mozzarella. Served with rocket leaves.		£6.25
Pan fried tiger prawns in chilli, lime and parsley infused olive oil	(df)	£6.95
Fanned melon Garnished with forest fruits and served with fruit coulis	(df)	£4.95

Main courses

Smoked duck, walnut and raspberry salad	(df)	£12.95
Stilton, roasted pear and candid pecan salad		£11.95
Glazed pork tenderloin with pear and thyme Pork tenderloin glazed with honey and balsamic vinegar, seasoned with fresh thyme. Served on a bed of baked pears and roasted red onion. With sugar snap peas, sage and thyme mini roasted potatoes and a gluten free gravy	(df)	£15.95
Fish of the day please check with the waiting staff for more details		
Chicken breast stuffed with cherry tomato, basil and buffalo mozzarella wrapped in bacon With parmentier potatoes, sugar snap peas and battened buttered carrots. Served on a balsamic reduction.		£15.95

The barns superfood salad (df) £11.95
Pinto beans, cherry tomatoes, red peppers, black olives, avocados, sweet corn,
quinoa, spinach and mixed salad leaves, topped with a sprinkle of fresh parsley and dill and
a drizzle of lime juice
Add chicken breast £3.00 or salmon fillet £4.00

Tofu, chickpea and spinach curry (df) £12.95
Served with boiled rice

Oven baked cod fillet in a black pepper and lemon infused olive oil £13.95
Served with homemade chunky chips and garden peas (df)

From the char-grill

Served with your choice of chunky chips, sautéed or new potatoes and
Either salad or vegetables unless stated

8oz sirloin steak (df) 18.95
served with grilled tomato and mushrooms

8oz Rump steak (df) £16.95
served with grilled tomato and mushrooms

Lamb souvlaki kebabs (df) £14.95
Marinated chunks of tender lamb charred to perfection served with
sweet potato fries and salad

14oz gammon steak (df) £14.95
served with pineapple, egg, grilled tomato, mushrooms

Desserts

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) £5.50
please note this dish must be ordered at the time of your mains due to cooking time

Homemade fruit crumble with soya custard (df) £5.50
please note this dish must be ordered at the time of your mains due to cooking time

Meringue nests filled with fruit and whipped cream £4.95