

the barns

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)	£6.50
Pan fried garlic mushrooms served with a crisp side salad	(df)	£6.95
Pan fried tiger prawns in chilli, lime and parsley infused olive oil	(df)	£8.95
Homemade duck and cointreau pate served with red onion chutney and finger toast		£6.95
Fanned melon served with fruit coulis	(df)	£6.50

main courses

Supreme of chicken		£17.95
Chicken breast wrapped in bacon stuffed with goats cheese, cherry tomatoes and spinach, served with parmentier potatoes, seasonal vegetables and balsamic reduction.		
Chestnut mushroom, chilli and spinach rice bowl	(df)	£14.95
served with side salad and vegan slaw.		
barbecue pulled pork	(df)	£16.95
served on a gluten free roll with chunky chips, salad and vegan slaw		
Pan-fried swordfish steak		£21.95
topped with roasted onions, red peppers, green olives, cherry tomatoes and feta. Served on a bed of chive mash with seasonal vegetables and a lemon and dill butter.		
Oven baked cod fillet in a black pepper and lemon infused olive oil	(df)	£15.95
Served with homemade chunky chips and garden peas		
Superfood Salad	(df)	£13.95
Rocket, cherry tomatoes, spring onions, cucumber, avocado, edamame beans and feta tossed in honey and mustard dressing.		
add chicken	£3.00	
add smoked salmon	£4.00	
Marinated lamb shank	(df)	£20.95
served with asparagus, green beans, creamy mash and tomato and gluten free gravy.		
8oz sirloin steak	(df)	£25.95
served with grilled tomato and mushrooms		
14oz gammon steak	(df)	£16.95
served with pineapple, egg, grilled tomato, mushrooms		

desserts

Chocolate and raspberry tart	(df)	£6.95
Chocolate truffle brownie	(df)	£6.95
Sticky toffee pudding		£6.95
Apple and cinnamon crumble		£6.95