# **GLUTEN FREE**

# MENU

As our meals are freshly prepared, please do expect delays during busy periods.



#### Allergens and intolerances:

If you have any concerns please speak to a member of staff.

#### VAT and service charge:

All prices include VAT at current rate. No charge is made for service.

#### LIGHTER BITES

Salad Bowl A dressed mixed salad of lettuce,tomato, cucumber. red onion and coleslaw

Chicken and Bacon	£17.00
Prawn and Crayfish	£18.50
Halloumi and Beetroot.	£17.00

#### MAINS

<b>Grilled Fish of the Day</b> Served with garden or mushy peas, new potatoes and salad garnish	£18.00
8oz* Sirloin Steak Served with grilled tomato, mushroom, garden peas and new potatoes	£26.50
Add Stilton or Peppercorn sauce	£3.50
10oz* Gammon Steak Served with grilled tomato, mushroom, garden peas and new potatoes	£21.00
*Approximate uncooked weight	
<b>BBQ Chicken Melt</b> Grilled chicken and bacon topped with cheese and BBQ sauce, served with salad and new potatoes	£18.00
Homemade Chilli Con Carne Local minced beef chilli served on a bed of rice topped with soured cream and nachos	£16.75
Mediterranean Vegetables & Tomato Stir Fry (V) Served with rice	£16.00
Mushroom Bourguignon Pie (VG) With new potatoes, peas and gravy	£17.00

### STARTERS

<b>Soup</b> Served with gluten free roll and butter This may vary from the soup of the day	£8.50	
<b>Prawn Cocktail</b> Succulent prawns on a bed of lettuce,se Marie Rose sauce and gluten free bread		
Nachos Tortilla chips loaded with one of the following toppings. Small/Large		
• Salsa, cheese and jalapenos (v)	£9.00/£15.50	
Chilli beef, cheese and jalapenos	£9.25/£16.00	
<ul> <li>Roasted vegetables, cheese and jalapenos(V)</li> </ul>	£9.25/£16.00	
BBQ pulled pork, cheese and jalapenos	£9.25/£16.00	
All served with sour cream, red onions and lime wedge.		

## JACKET POTATOES

Served with butter, salad and coleslaw with a choice of fillings:

٠	Grated	Mature	Cheddar

- Baked Beans
- Tuna Mayonnaise
- Chilli Con Carne
- Prawns in Marie Rose Sauce

1/filling	£10.50
2 fillings	£13.50

#### SANDWICHES

All served on gluten free bread with salad and crisps and a choice of fillings:

£10.25

- Bacon, lettuce and tomato
- Tuna mayonnaise and cucumber
- Cheese