

# GLUTEN FREE MENU

## STARTERS

Baked Goats Cheese served with a gluten free bread roll	6.70/10.85
Garlic & Chilli King Prawns	8.20
Smoked Salmon Platter	7.90
Melon & Fresh Fruit	5.80
Melon & Prawns	6.85
Melon & Parma Ham	6.45
Chefs Homemade Chicken Liver Pate & gluten free bread roll	6.90
Spicy Chicken Goujons served with honey mayonnaise	6.85
Prawn platter with Marie Rose Sauce & Gluten free roll	6.65
Potato Wedges topped with melted cheese	5.60
Mixed Olives served with gluten free bread	4.65

## MAIN COURSES

Pan Fried Sea Bass with prawn & lemon butter	15.50
Moderate Cod, Chips & Mushy Peas	12.95
Salmon & Prawn or Ham & Cheese Salad	14.75/11.85
Juicy Gammon Steak served with Egg, Pineapple or Both	13.60
Lamb Shank – served with a mint, honey & mushroom sauce	16.95
Pan Fried Chicken Breast with a mushroom, cream & white wine sauce	13.85
Braised Steak with a pepper sauce	12.85
Filled Jacket Potato (with prawns £9.20)	8.20

## STEAKS

(10oz) (285gm) Sirloin	19.50
(8oz) (228gm) Fillet	24.50

## SAUCES – ALL £2.95 -

Mushroom Cream & White Wine
Pink & Green Peppercorn
Mushroom & Brandy
Stilton

## VEGETARIAN

Mushroom a la King – creamy sherry based sauce served with rice or chips	10.85
Vegetable Pasta Bake – tomato based made with gluten free pasta	9.80
Omelette – with fillings of your choice	9.80
Mushroom Stroganoff	10.85

## SWEETS

Cheesecake can be topped with Strawberries or Raspberries	6.20
Chocolate Roulade	6.20
Golden Syrup sponge & custard	6.20
Selection of Cheeses & Gluten Free Crackers & Roll	6.20
Fresh fruit Meringue – Strawberries or Raspberries	6.20

**Please always specify Gluten Free when ordering from this Menu as some dishes are normally prepared with Gluten when served on the regular Menus**