Calf's Head

Where friends meet!

COUNTRY RESTAURANT HOTEL & WATERING HOLE

GLUTEN FREE MENU





WE OPERATE A 2 STEP VERIFICATION PROCESS TO HELP MINIMISE THE CROSS-CONTAMINATION RISK. TO INDICATE THIS CHECK HAS BEEN COMPLETED, WE ADD A FLAG TO OUR ALLERGEN FREE MEALS.

IF YOUR MEAL ARRIVES WITHOUT A FLAG, PLEASE ALERT YOUR SERVER IMMEDIATELY AND DO NOT START TO EAT.

Gluten Free Starters

Baked Goats Cheese
served with a gluten free bread roll £8.50

Garlic & Chilli King Prawns £9.95

Duo of Pâtés: Homemade Chicken Liver & Brussels
served with a gluten free bread roll £9.25

Spicy Chicken Goujons
served with with our honey mayonnaise dip £9.45

Smoked Salmon & Prawn Platter
served with our marie rose sauce £9.85

Avocado & Prawn Cocktail
served a gluten free bread roll £9.85

Mixed Olives
served with gluten free bread £5.95

Melon & Parma Ham £8.65

Gluten Free Vegetarian Main Courses

The following dishes are both gluten free and suitable for a vegetarian diet

Mushroom a la King
creamy sherry-based sauce served with rice or chips £17.95

Vegetable Pasta Bake
tomato based, made with gluten free pasta £17.95

Omelette – name your filling! – *vegetarian:* - £13.95 *with meat:* - £15.50
choose chips or a full salad

Mushroom Stroganoff
served with chips, rice, or a bit of both! £17.95

Cajun Spiced Sweet Potato Roulade
filled with vegan cream cheese and red onion chutney,
served with a lightly spiced red pepper sauce £19.95

Please always specify GLUTEN FREE when ordering from this menu, as some dishes are normally prepared with gluten when served on the regular menus.

Gluten Free Main Courses

Traditional Battered Cod, with Chips & Mushy Peas	**Moderate Size**	£19.95
served with chips & mushy peas	**Worston Whale**	£23.95
Salmon & Prawn Salad		
served with a gluten free roll		£20.95
Ham & Lancashire Cheese Salad		
served with a gluten free roll		£17.95
Juicy Gammon Steak		
served with egg, pineapple or both		£18.75
Chicken Breast a la Crème		
cooked in a cream, white wine, & mushroom sauce		£19.95
Braised Steak		
with homemade peppercorn sauce		£21.65
Sirloin Steak (10oz / 285g)		
served with grilled tomato & mushroom		£28.50
Fillet Steak (8oz / 228g)		
served with grilled tomato & mushroom		£33.50
Why not add a sauce to your steak?		£2.95
Stilton, Mushroom, Cream & White Wine, Pink & Green Peppercorn, or Mushroom & Brandy		

Please always specify GLUTEN FREE when ordering from this menu, as some dishes are normally prepared with gluten when served on the regular menus. If your meal arrives without an allergen flag as indicated on the first page of this menu, please inform your server and do not start to eat.

PLEASE ASK WHETHER ANY OF OUR DAILY EXTRAS ARE SUITABLE FOR A GLUTEN FREE DIET

Gluten Free Desserts

all desserts served with ice cream, cream or custard

Cheesecake
topped with strawberries or raspberries

Trillionaires Tart

Golden Syrup Sponge

Homemade Meringue Nests
topped with strawberries, raspberries or fresh fruit

Eton Mess – strawberry, raspberry or mixed

Chocolate & Cherry Slice

Chocolate Brownie

Carrot Cake

Ginger Cake

All Desserts £8.75

Moo to You Ice Cream - choose either:
Vanilla, Chocolate, Amaretto, Irish Cream, Pistachio, Caramel Fudge, Rum & Raisin
1 Scoop - £2.95
2 Scoops - £5.45
3 Scoops - £8.25

Luxury Sorbets - £5.45
Raspberry & Sorrell
or Sicilian Lemon



PLEASE ENSURE YOU RE-ENFORCE YOUR GLUTEN FREE NEEDS WITH YOUR SERVER WHEN ORDERING YOUR DESSERTS

Why not try our Lancashire Cheese Board?

Our selection of local cheeses are served with gluten free crackers & a gluten free roll

£11.95



Disclaimer – whilst we use non-gluten containing ingredients in dishes on this menu, we are not a gluten free restaurant and cannot ensure cross contamination will never occur. We have processes to minimise risk but cannot guarantee complete gluten free.