

# GLUTEN FREE MENU

## STARTERS

aked Goats Cheese served with a gluten free bread roll	£6.20/10.65
Garlic & Chilli King Prawns	£8.20
Smoked Salmon Platter	£7.90
Melon & Fresh Fruit	£5.80
Melon & Prawns	£6.65
Melon & Parma Ham	£6.65
Chefs Homemade Chicken Liver Pate & gluten free bread roll	£6.65
Spicy Chicken Goujons served with honey mayonnaise	£6.70
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	£4.20

## MAIN COURSES

Pan Fried Sea Bass with prawn & lemon butter	£14.95
Moderate Cod, Chips & Mushy Peas	£10.65
Salmon & Prawn or Ham & Cheese Salad	£13.20/11.65
Juicy Gammon Steak served with Egg, Pineapple or Both	£12.20
Lamb Shank – served with a mint, honey & mushroom sauce	£15.95
Pan Fried Chicken Breast with a mushroom, cream & white wine sauce	£13.20
Braised Steak with a pepper sauce	£11.65
Filled Jacket Potato (with prawns £8.60)	£7.60

## STEAKS

(10oz) (285gm) Sirloin	£18.20
(8oz) (228gm) Fillet	£22.00
(14oz) (400gm) English T Bone	£22.00

## SAUCES – ALL £2.50 -

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

## VEGETARIAN

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

## 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

## GLUTEN FREE ALCOHOL

Celia Premium Czech Lager 4.5%

Bottle £3.10

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