



## GLUTEN FREE MENU

All our food is cooked fresh to order and our team can advise you of any ingredients used in all our dishes please don't hesitate to ask. All our batter is free of gluten

### STARTERS

#### **Chicken livers & chorizo sausage**

pan fried in garlic butter on a bed of salad with pea shoots

£7.00

#### **Gherkin strips, lightly battered**

served with blue cheese mayonnaise & fresh lemon wedge

(V) £8.50

#### **Halloumi cheese grilled with a maple syrup glaze**

served on a bed of shredded lettuce & cucumber ribbons with a syrup dressing

(V) £9.50

#### **Potted, pulled slow roasted ham hock**

topped with melted butter and served with a chilli and pineapple chutney

£7.00

#### **Homemade soup of the day**

served simply on its own

£5.00

#### **Grilled fresh sardine fillets in a chilli, lemon & garlic butter**

with fresh lemon and salad garnish

£8.00



## MAINS

### **Ox liver, served pink, on creamy mash**

with roast shallots, a sweet onion gravy and parsnip crisps

£12.95

### **Large battered fillet of haddock**

served with hand cut chips, your choice of mushy or garden peas with lemon and a side of tartare sauce

£16.00

### **Sword fish steak topped with creamy parsley mash potato**

oven roasted and served on a pea & mint soup with roast carrots and crispy bacon

£19.50

### **Pan roast chicken breast**

with pepperoni dauphinoise potatoes, green beans and a parmesan cream sauce

£14.00

### **Mixed fish sizzler; Salmon, haddock & sardines**

with onions and fresh garlic on a hot skillet served with side salad and crispy fries

£18.50



## LIGHTER BITES

### **Battered haddock**

with hand cut chips, mushy or garden peas with lemon and tartare sauce

£12.50

### **Ploughmans in a bowl;**

diced cheddar, pulled ham, apple, silver skin onions, diced gherkin and a sweet onion dressing

£9.00

### **Glazed maple syrup halloumi cheese**

served on pan fried string beans, new potatoes and red onion with a roast garlic and lemon dressing

£11.50

### **Lemon peri peri salmon fillet**

on a bed of roast vegetable & chorizo rice, drizzled with a roast red pepper salsa with fresh lemon

£12.00