

## GLUTEN FREE LUNCH MENU

SERVED 12PM-6PM MONDAY - SATURDAY

### SANDWICHES

ALL SANDWICHES ARE SERVED WITH CRISPS & ARE SERVED IN GLUTEN FREE BREAD

Roast Meat Of The Day	£5.95	Cheddar Cheese & Tomato (V)	£5.95
Melted Brie, Lettuce & Tomato (V)	£6.50	Prawns In Rich Seafood Sauce	£7.50
Melted Brie, Lettuce & Bacon	£6.95	Ham & Wholegrain Mustard	£6.50
Tuna, Sweetcorn & Red Onion	£5.95		

### JACKET POTATOES

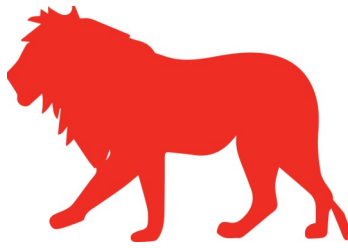
ALL JACKET POTATOES ARE SERVED WITH CRISP MIXED SALAD

Tuna, Sweetcorn & Red Onion	£5.95	Grated cheese (V)	£5.95
Melted Brie & Bacon	£6.95	Prawns In Rich Seafood Sauce	£7.50
Baked Bean & Grated Cheese (V)	£5.95	Brie & cranberry (V)	£5.95

### OMELETTES

ALL OMELETTES ARE SERVED WITH CHIPS & SALAD AND ARE COOKED TO ORDER SO CAN TAKE 15/20 MINUTES TO COOK, AT BUSY TIMES LONGER

Spinach & Mushroom (V)	£8.95	Ham & Cheese	£8.95
Brie & Bacon	£8.95	Cheese & Tomato (V)	£8.95
Brie & Spinach (V)	£8.95	Spanish Omelette (V)	£8.95



## GLUTEN FREE STARTERS

### Homemade Soup Of The Day

Served with bread - £4.95

### Salt & Pepper Calamari

Served with sweet chilli sauce - £5.95

### Individual Baked Camembert (V)

Studded with garlic, white wine & rosemary served with toasted bread & red onion marmalade - £5.95

### Mushroom Bruschetta (V)

Woodland mushrooms in creamy garlic sauce, topped with rocket - £5.95

### Crispy Whitebait

Served with tartar sauce - £5.75

### Chicken Liver Pâtè

With red onion marmalade - £5.75

### Gorgonzola & Scorched Figs

Toasted bread with Parma ham, honey and sesame seeds, balsamic glaze  
And rocket—£5.95

### Tiger Prawn & Avocado Cocktail

With rich seafood sauce. Served with bread & butter - £7.50

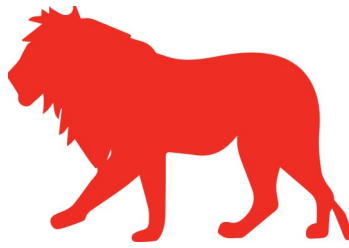
## GLUTEN FREE BURGERS

### Chicken Burger

Chicken breast with mayonnaise, cheese, bacon, lettuce & tomato in toasted bun.  
Served with skinny fries- £12.95

### Halloumi Burger (V)

Pan cooked halloumi, with lettuce, tomato, and chargrilled red pepper in a toasted bun served with skinny fries- £12.95



## GLUTEN FREE MAINS

### Char-grilled Halloumi Salad (V)

Sweet red pepper, toasted walnuts, olives, red onion, vine cherry tomatoes, mixed leaves & balsamic glaze - £12.95

### Smoked Haddock

Creamy mash, sautéed spinach, cheddar cheese & chive sauce - £14.95

### Rack Of Ribs

Slow cooked in BBQ sauce, served with skinny fries & coleslaw - £16.95

### Liver & Bacon

Lamb's liver cooked to order served on bubble & squeak with, streaky bacon, seasonal vegetables and rich onion gravy - £11.95

### Classic Pork Stroganoff

Tenderloin of pork flambéed in brandy with cream, mushrooms & paprika.

Served with basmati rice - £13.95

### Trawlerman's Pie

King prawn, cod, salmon & haddock, white wine, garlic & herb sauce topped with boiled egg, Red Leicester and creamy mash served with seasonal vegetables - £13.95

### Classic Mushroom Stroganoff (V)

flambéed in brandy with cream, mushrooms & paprika. Served with basmati rice - £12.95

### Ham, Egg & Chips

Carved to order honey roast ham served with fried eggs & chunky chips - £10.95

### Chicken & Bacon Caesar Salad

Cos lettuce with creamy Caesar dressing, parmesan topped with char-grilled chicken & crispy bacon - £12.95

### Chicken Curry

Homemade authentic Indian curry, medium spiced with basmati rice - £13.95