
Gluten Free Options



NB: Please state gluten free when ordering.

Starters

Soup of the Day – almost always made without flour - please check	£3.95
Goats Cheese and Beetroot Salad. Honey-roast Beetroot & Goats Cheese on a bed of dressed mixed salad	£5.95
Homemade Falafel with Salad and Sweet Red Onion Pickle	£4.95
Thai Fish Cakes Homemade Fish Cakes flavoured with Chilli and Lemongrass, with Tossed Salad and Chilli Dressing	£5.95

Main Courses

Roast of the Day , served with Gluten Free Yorkshire Pudding and Gravy <i>prices on roast page</i>	
Hickory Chicken with Chips and Vegetables	£10.95
Rump Steak with Grilled Tomato, Mushroom, Chips and Fresh Vegetables	£14.95
Fish & Chips in Gluten Free Batter with Chips and Mushy Peas	£11.95
Grilled Gammon with Grilled Tomato, Mushroom, Chips and Fresh Vegetables	£10.95
Ham & Eggs with Chips and Fresh Vegetables	£9.50

All of our Baguettes are available on Gluten Free Wraps
See Baguettes on page 4

Desserts

Lemon Posset Thick set Lemon & Cream Mousse, with Ginger Biscuits	£4.75
Warm Chocolate Fudge Cake with Cream, Ice-Cream or Custard	£3.50
Ice-Cream choose from 4 different flavours	£4.50

Important Note

Our deep fried food is all fried in the same fryers as gluten products. If you are sensitive to this, please do not choose a deep fried product.
Chips can be substituted for All Butter Mash or New Potatoes
Our kitchen is not a gluten free kitchen, there is always a minor risk of cross contamination between gluten and non gluten products.