

**Gluten**



**Free**

dreamstime.com

## *GLUTEN FREE MENU*

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### STARTERS

<i>MUSHROOMS IN A CREAMY GARLIC SAUCE</i>	£6.55
<i>HOMEMADE CHICKEN LIVER PATE</i> <i>served with gluten free crackers &amp; toast</i>	£6.45
<i>PRAWN &amp; CRAYFISH COCKTAIL with a gluten free bun</i>	£6.90
<i>THAI FISH CAKES</i>	£6.90
<i>SMOKED SALMON PLATTER with a gluten free roll</i>	£7.10
<i>SEAFOOD PLATTER – herring, smoked salmon, smoked trout, prawns</i>	£7.10
<i>POTATO WEDGES with a cheese &amp; chive dip</i>	£4.95
<i>MIXED OLIVES served with gluten free bread</i>	£4.90
<i>DEEP FRIED CHICKEN GOUJONS with Cajun spices</i>	£6.55
<i>SMOKED TROUT with honey mayonnaise</i>	£6.50
<i>SMOKED SALMON &amp; PRAWN WRAPS served with gluten free bread</i>	£7.10
<i>ROLL MOP HERRINGS</i>	£5.75

*PLEASE ASK IF TODAY'S HOMEMADE SOUP IS GLUTEN FREE*

PLEASE **ALWAYS** SPECIFY GLUTEN FREE WHEN ORDERING FROM THIS MENU AS SOME DISHES ARE NORMALLY PREPARED WITH GLUTEN IN WHEN SERVED ON THE REGULAR MENUS.

*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.*

## PLEASE ASK WHICH OF TODAY'S SPECIALS COULD BE PREPARED GLUTEN FREE

### GLUTEN FREE SALADS

<i>COLD ROAST HAM &amp; CHEESE</i>	<i>£11.65</i>
<i>SALMON &amp; PRAWN</i>	<i>£13.55</i>
<i>WARM GARLIC &amp; CHILLI CHICKEN</i>	<i>£12.85</i>
<i>GOATS CHEESE</i>	<i>£11.65</i>
<i>WARM CAJUN CHICKEN</i>	<i>£12.85</i>

### GLUTEN FREE BUTTIES

#### **MADE ON GLUTEN FREE BREADS & SERVED WITH CHIPS**

<i>BLT</i>	<i>£8.10</i>
<i>BACON &amp; EGG</i>	<i>£7.40</i>
<i>GREENLAND PRAWN &amp; MARIE ROSE</i>	<i>£8.55</i>
<i>TUNA, SWEETCORN, CELERY &amp; MAYONNAISE</i>	<i>£8.10</i>
<i>LANCASHIRE CHEESE &amp; RED ONION</i>	<i>£7.95</i>
<i>HOME ROAST HAM</i>	<i>£7.90</i>
<i>HAM &amp; CHEESE</i>	<i>£8.25</i>
<i>FRESH SALMON &amp; DILL MAYONNAISE</i>	<i>£8.55</i>

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## **GLUTEN FREE MAIN COURSES**

<i>POACHED SALMON</i> <i>served with a tomato, prawn &amp; cream sauce</i>	<i>£14.75</i>		
<i>BREAST OF CHICKEN</i> <i>pan fried served with a cream, onion, mushroom &amp; white wine sauce</i> <i>or a leek and bacon sauce</i>	<i>£12.85</i>		
<i>JUICY GAMMON STEAK with egg &amp; pineapple</i>	<i>£12.70</i>		
<i>SEAFOOD BOARD smoked salmon, herrings, smoked trout, prawns, crayfish</i>	<i>£16.25</i>		
<i>10oz SIRLOIN STEAK</i>	<i>£18.95</i>		
<i>8oz FILLET STEAK</i>	<i>£23.90</i>		
<i>ADD GLUTEN FREE PEPPER OR STILTON SAUCE TO YOUR STEAK</i>	<i>£2.75</i>		
<i>LAMB SHANK in a minted gravy, served on a bed of mash</i>	<i>£16.85</i>		
<i>WAGGONER'S GRILL</i> <i>chicken, gammon, sirloin, gluten free sausage,</i> <i>field mushroom, tomato &amp; fried egg</i>	<i>£21.00</i>		
<i>FULL ENGLISH BREAKFAST</i> <i>bacon, egg, mushrooms, gluten free sausage, beans, tomato,</i> <i>gluten free toast, potato wedges and hash browns</i>	<i>£8.25</i>		
<i>MUSHROOM A LA KING – creamy sherry based sauce, with rice or chips</i>	<i>£9.65</i>		
<i>VEGETABLE PASTA BAKE – tomato based made with gluten free pasta</i>	<i>£9.85</i>		
<i>MUSHROOM STROGANOFF</i>	<i>£9.65</i>		
<i>OMELETTE – name your filling</i>	<i>vegetarian £8.65</i>	<i>with meat</i>	<i>£10.45</i>
<i>OVEN BAKED GOATS CHEESE with a light tomato sauce</i>	<i>£11.65</i>		
<i>FISH &amp; CHIPS with mushy peas</i>	<i>moderate sized</i>	<i>£12.30</i>	

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## **GLUTEN FREE DESSERTS**

**£5.35**

*STICKY TOFFEE PUDDING & CUSTARD*  
*WARM CHOCOLATE SPONGE & CUSTARD*  
*FRESH FRUIT MERINGUE*  
*WARM SYRUP SPONGE & CUSTARD*  
*DAIM CRUNCH*  
*JAM SPONGE & CUSTARD*  
*STRAWBERRY CHEESECAKE*  
*FRESH FRUIT SALAD*  
*WARM CHOCOLATE BROWNIE*  
*PEANUT & CARAMEL CRUNCH*

## **MOO TO YOU ICE CREAMS**

**£4.65**

*CHOCOLATE, VANILLA, MINT CHOCOLATE CHIP*

## **LANCASHIRE CHEESE BOARD**

**£6.45**

*PLEASE ASK FOR TODAY'S AVAILABLE CHEESE SELECTION*

*SERVED WITH GLUTEN FREE CRACKERS*

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