

Gluten



Free

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GLUTEN FREE MENU

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STARTERS

<i>MUSHROOMS IN A CREAMY GARLIC SAUCE</i>	£6.65
<i>HOMEMADE CHICKEN LIVER PATE</i> <i>served with gluten free crackers & toast</i>	£6.45
<i>PRAWN & CRAYFISH COCKTAIL with a gluten free bun</i>	£6.95
<i>THAI FISH CAKES</i>	£6.90
<i>SMOKED SALMON PLATTER with a gluten free roll</i>	£7.25
<i>SEAFOOD PLATTER – herring, smoked salmon, smoked trout, prawns</i>	£7.25
<i>POTATO WEDGES with a cheese & 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>	£6.65
<i>SMOKED TROUT with honey mayonnaise</i>	£6.50
<i>SMOKED SALMON & PRAWN WRAPS served with gluten free bread</i>	£7.25
<i>ROLL MOP HERRINGS</i>	£6.00

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 & CHEESE</i>	<i>£12.90</i>
<i>HALF ROAST CHICKEN SALAD</i>	<i>£14.20</i>
<i>GREEK SALAD – feta cheese & olives</i>	<i>£11.60</i>
<i>SALMON & PRAWN</i>	<i>£14.10</i>
<i>WARM GARLIC & CHILLI CHICKEN</i>	<i>£13.85</i>
<i>GOATS CHEESE</i>	<i>£12.95</i>
<i>WARM CAJUN CHICKEN</i>	<i>£13.85</i>

GLUTEN FREE BUTTIES

MADE ON GLUTEN FREE BREADS & SERVED WITH CHIPS

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

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GLUTEN FREE MAIN COURSES

<i>HOMEMADE CHICKEN CURRY</i>			
<i>served with rice, chips or half and half with poppadum & mango chutney</i>	<i>£12.65</i>		
<i>POACHED SALMON served with a tomato, prawn & cream sauce</i>	<i>£14.95</i>		
<i>ROAST HALF CHICKEN served with gluten free gravy</i>			
<i>or BBQ sauce</i>	<i>£14.20</i>		
<i>BREAST OF CHICKEN pan fried served with a cream, onion, mushroom & white wine sauce</i>			
<i>or a leek and bacon sauce</i>	<i>£13.85</i>		
<i>JUICY GAMMON STEAK with egg & pineapple</i>	<i>£13.60</i>		
<i>SEAFOOD BOARD smoked salmon, herrings, smoked trout, prawns, crayfish</i>	<i>£16.40</i>		
<i>10oz SIRLOIN STEAK</i>	<i>£19.50</i>		
<i>8oz FILLET STEAK</i>	<i>£24.50</i>		
<i>ADD GLUTEN FREE PEPPER OR STILTON SAUCE TO YOUR STEAK</i>	<i>£2.95</i>		
<i>LAMB SHANK in a minted gravy, served on a bed of mash</i>	<i>£17.10</i>		
<i>WAGGONER'S GRILL</i>			
<i>chicken, gammon, sirloin, gluten free sausage,</i>			
<i>field mushroom, tomato & fried egg</i>	<i>£21.95</i>		
<i>FULL ENGLISH BREAKFAST - bacon, egg, mushrooms, gluten free sausage,</i>			
<i>beans, tomato, hash browns and gluten free toast & jams</i>	<i>£8.75</i>		
<i>MUSHROOM A LA KING – creamy sherry based sauce, with rice or chips</i>	<i>£10.20</i>		
<i>VEGETABLE PASTA BAKE – tomato based made with gluten free pasta</i>	<i>£10.55</i>		
<i>MUSHROOM STROGANOFF</i>	<i>£10.20</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>£12.95</i>
<i>FISH & CHIPS with mushy peas</i>		<i>moderate sized</i>	<i>£12.95</i>
		<i>whale sized</i>	<i>£14.70</i>

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GLUTEN FREE DESSERTS

£5.65

STICKY TOFFEE PUDDING & CUSTARD
WARM CHOCOLATE SPONGE & CUSTARD
FRESH FRUIT MERINGUE
WARM SYRUP SPONGE & CUSTARD
JAM SPONGE & CUSTARD
STRAWBERRY CHEESECAKE
FRESH FRUIT SALAD
WARM CHOCOLATE BROWNIE
FRUITS OF THE FOREST CHEESECAKE
CHOCOLATE & ORANGE TART

MOO TO YOU ICE CREAMS

£4.95

CHOCOLATE or VANILLA

LANCASHIRE CHEESE BOARD

£6.65

PLEASE ASK FOR TODAY'S AVAILABLE CHEESE SELECTION

SERVED WITH GLUTEN FREE CRACKERS

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