

GLUTEN FREE MENU

THE CARVERY (PRICE MAY VARY)

A carvery fresh from the carving deck ranging from small to large. A list of gluten free options are available on the TV behind the carving deck or ask any of the carving deck staff.

CHICKEN IN WHITE WINE

A succulent chicken breast cooked and then sliced, served with a creamy white wine and mushroom sauce. Served with side salad, chips or white rice.

CHICKEN VESUVIUS

A succulent chicken breast cooked and then sliced, served with a creamy white wine sauce and chillies. Served with side salad, chips or white rice.

CHINESE CHICKEN

A plain chicken breast baked in sweet chilli sauce, topped with rainbow chillies and mixed sesame seeds. Served with GF thai sweetcorn fritters, side salad and homemade GF & vegan coleslaw.

10 OZ GAMMON STEAK

A prime 10 Oz gammon steak grilled and topped with both a fried egg and a pineapple ring. Served with peas and a choice of chips or rice.

8 OZ SIRLOIN STEAK

A prime 8 Oz sirloin steak grilled to your liking and served with mushrooms, garden peas, half a grilled tomato and chips.

GF FISH & CHIPS

Classic Fish & Chips, expertly hand-battered in our own gluten-free batter for a crisp, golden finish. Completely gluten free and freshly prepared by our team, served with your choice of garden peas or traditional mushy peas.

AROMATIC THAI PENANG VEGETABLE CURRY

100% VEGAN & 100% GLUTEN FREE - A RICH, AROMATIC THAI PENANG CURRY SIMMERED IN CREAMY COCONUT MILK, THAI SPICES & PACKED WITH CAULIFLOWER, GREEN BEANS, MANGETOUT AND SWEET PEPPERS. SERVED WITH FLUFFY WHITE RICE AND A POT OF MANGO CHUTNEY.

OUR GLUTEN FREE INDIAN CURRIES

Choose from any of our fresh and fragrant curries listed below. They are all served with rice and mango chutney.

- > Chicken Korma
- > Chicken Tikka Masala
- > Classic Butter Chicken
- > Chicken Madras 
- > Prawn Madras 
- > Veggie Sweet Potato & Chickpea Curry



FREE-FROM FANCIES

ALABAMA FUDGE CAKE

Gluten free chocolate cake coated in chocolate fudge. Served with white chocolate sauce and a choice of either vanilla whippy ice-cream, squirty cream or pouring cream

PLAIN CHEESECAKE

Plain vegan cheesecake served with either vanilla whippy ice-cream, pouring cream or squirty cream.

ROCKY ROAD GF SUNDAE

Vanilla whippy ice-cream. GF brownie chunks. GF marshmallows. Chocolate sauce... Boom. *Just ask for no wafer.*

CLASSIC SUNDAE SELECTION

Whippy vanilla ice-cream with your choice of either Strawberry, Raspberry, Chocolate, Toffee or Bubblegum sauce. *Just ask for no wafer.*

PLEASE READ

It is **Vital** When Ordering To Notify The Bar Which Items Are Gluten Free To Allow Us To Help Cater To Your Dietary Requirements. Please Also Note That All Chips & Fries Are Cooked In A Gluten Free Fryer However There Is Still A Risk Of Cross Contamination Of Any & All Allergens - Thank You.