

# 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.

## SALMON FILLET

A pan fried salmon fillet served with a herby lemon and dill cream sauce, served with buttery chivey new potatoes, mangetout and baby corn.

## 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.

## RUSTIC RED ONION MARMALADE & SWEET POTATO TART

A vegan shortcrust pastry tart packed with sweet potato and spinach, topped with rustic red onion marmalade and roasted sunflower and pumpkin seeds. Accompanied by chips, a fresh side salad, homemade coleslaw and beetroot slaw.

## OUR GLUTEN FREE INDIAN & THAI 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
- > Chicken Madras 
- > Prawn Madras 
- > Fragrant Vegetable Thai Penang Curry
- > 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 Requirments. 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.