

# GLUTEN FREE MENU

## Starters

**Homemade Soup of the Day** £5.50  
crusty bread roll (ask server)

**Prawn & Crayfish Cocktail** £7.95  
toasted bread, marie rose sauce

**Grilled Sesame & Honey Goats Cheese** £7.25 **V**  
sweet chilli and ginger mayo,  
pickled beetroot salad

**Salt & Chilli Chicken Wings** £8.25  
sliced onion and peppers, garlic and chilli

**Harissa Spiced Hummus** £7.25 **V VE**  
sunblushed tomatoes, vegetable crisps

## Mains

**Braised Ribeye Steak** £16.50  
pink peppercorn cream, creamed and  
roast potatoes, seasonal vegetables

**Grilled Fillet of Salmon with  
a Coconut Crumb** £15.95  
chilli and lime buttered pak choi, basmati rice

**Garlic & Wild Thyme Chicken Supreme** £15.50  
savoy cabbage, sauteed potatoes, crisp pancetta  
crumb, pan jus

**Monkfish and King Prawn Skewers** £16.95  
garlic and ginger sauce, basmati rice

**Crispy Shredded Beef** £17.50  
onions, peppers, sweet and sticky sauce,  
aromatic rice

## From The Grill

*all served with grilled tomato, mushrooms, fries*

**Chargrilled 8oz Fillet Steak** £29.95

**Chargrilled 8oz Sirloin Steak** £26.95

**Chargrilled Butterfly  
Breast of Chicken** £14.95

**Add Sauce** £2.50

*Red Wine Jus, Peppercorn Garlic Butter,  
Garlic & Chive Cream*

**Watermelon, Honeydew Melon  
& Passionfruit Coupe** £7.25 **V VE**  
orange and toasted coconut syrup, mango sorbet

**Cajun Chicken Nachos** £8.25  
mozzarella cheese, guacamole, sour cream

**Crispy Tempura**  
**Chicken** £7.95 **Vegetable** £7.50 **V VE**  
sweet chilli sauce

**Main Course Crispy Tempura with Fries**  
**Chicken** £14.95 **Vegetable** £13.50 **V**

**Slow Cooked Diced Beef** £14.50  
market vegetables, creamed potatoes

**Medallions of Beef Fillet** £29.95  
red wine jus, red onion marmalade,  
cream and roast potatoes, seasonal vegetables

**Baked Seabass Fillets** £16.95  
parmesan, truffle and garlic broccoli stems,  
sauteed potatoes, pesto cream

**Moroccan Lamb Tagine** £15.50  
apricots, mixed spice, chick peas, basmati rice

**Chargrilled Breast of Chicken** £15.50  
peppercorn sauce, roast and creamed potatoes,  
seasonal vegetables

## Desserts

**Luxury Chocolate Fudge Cake** £6.95  
caramel drizzle, white chocolate shards,  
vanilla ice cream

**Strawberry Panna Cotta** £6.95  
roasted granola, raspberry ripple ice cream, candy floss

**Lemon & Lime Curd Pavlova** £6.95  
soft whipped cream, toasted coconut ice cream

**Carlton Cheese Board** £8.75  
dolcelatte blue, Morangie Brie & Scottish Cheddar,  
oatcakes, grapes, red onion chutney

**Trio of Ice Cream** £6.95  
vanilla, chocolate, raspberry ripple, tablet, coconut  
choice of sauces: toffee, chocolate, raspberry

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Should you have concerns about a food allergy or intolerance, please speak to our staff before you order your food or drink.  
Please ask a member of our team for our full vegan, dairy free & non gluten containing ingredients menus