

gluten free menu

to start

Tempura of king prawns with lime aioli	10.50
Smoked ham hock terrine with homemade piccalilli and gf toast	8.50
A salad of Beaulieu goats cheese, fig, spinach and red onion marmalade	8.50
Asian style tuna fishcakes with sweet chilli sauce	8.50
Homemade soup of the day with gf bread	6.50

mains

Rib-eye <u>or</u> fillet steak, french fries, grilled mushroom, tomato, watercress salad and a green peppercorn sauce	Rib-eye 24.95 Fillet 29.50
Fish and chips - locally landed haddock, french fries, tartare sauce, lemon and crushed peas	15.50
Pan fried calves liver, creamy mash, crisp pancetta, seasonal vegetables and a red onion sauce	18.95
Pie of the day, creamy mashed potato, seasonal vegetables and a jug of gravy	15.50
Malaysian fish curry with coconut rice	19.50
Salad of free range chicken, streaky bacon, pickled cucumber, pinenuts & cherry tomatoes	16.50
Honey roasted ham, free range eggs and french fries	14.50
The Rockingham Dexter beef burger with bacon and cheddar in toasted gf bread, french fries, salad and homemade barbeque sauce	14.50
Vegan mushroom and beetroot burger, toasted gf bread, guacamole, fries and salad	16.00

sandwiches & snacks (lunchtime only) served on gf bread

Traditional ploughmans - local cheese, home cooked ham	14.50
<i>All sandwiches served with a handful of skinny fries</i>	
Atlantic prawns with Marie Rose sauce	12.50
Hot free range chicken and smoked bacon with sun blushed tomato pesto	10.50
Roasted pepper, houmous, courgette ribbons and tapenade	10.50
Simple home cooked ham <u>or</u> local cheddar	8.50
If you would like to add a cup of homemade soup to your sandwich	additional 3.50

puddings

Vanilla seed crème brûlée	6.50
Plum clafoutis with ginger spice ice cream	7.50
Ice mango and cherry parfait	7.50
Selection of ice cream or sorbet	2 scoops 4.50 / 3 scoops 6.50
Selection of 3 finest local cheeses: Blue Monday by Alex James, Godminster Cheddar and Lyburn garlic and nettle, grapes, celery, gf biscuits	10.50
(Our gluten free biscuits are Nairns, they may contain oats)	

