

GLUTEN FREE MENU

At Waterhead we are proud to work closely with local Cumbrian farmers and producers from the region using their fantastic produce as a source of inspiration for our menu. Guests on a dinner inclusive may choose any starter, main course and dessert. All other dishes, and items with a supplement price (e.g. *£3.00) will be charged additionally.

to begin...

Chef's seasonal soup of the day (v) With gluten free bread	£5.95
Hot roasted smoked salmon fillet Teriyaki chicken wing, and salt and pepper squid	£7.95
Chilled pea and mint velouté (v) Crème fraîche, chive oil, gluten free bread	£6.25
Pressed confit of duck Pickled pears, roast hazelnuts, apple syrup	£7.95
English asparagus (v) Poached egg, hollandaise sauce	£7.50
Heirloom tomato salad (v) Mozzarella, basil sorbet	£7.50
Grilled mackerel fillet Sweet and sour puy lentils, baby herbs	£7.95
Cumbrian Waterhead platter (*£3.00) £9.95 for two £17.95 Cumbrian air dried ham, Cumbrian ham hock & parsley terrine, locally smoked salmon, Cumbrian brie, salami, feta and olives, sun blushed tomatoes, gluten free bread	

to follow...

Cumbrian lamb chump Vegetable cous cous, greens, tomato and basil dressing	£19.95
Short rib of Cumbrian beef Creamed mash, shallots, root vegetables	£18.95
Roast breast of Cumbrian corn-fed chicken breast Fondant potato, cabbage and bacon, wild mushroom fricassée	£16.95
Confit of Cumbrian pork belly Creamed mash, glazed carrots, apple purée, rosemary jus	£18.95
Mediterranean platter of falafel (v) Sweet potato fries, tempura vegetables, rouille, baba ganoush	£15.95
Pan seared duck breast Parmentier potatoes, sticky red cabbage, seasonal greens, balsamic glaze	£18.95
Gluten free pasta with English asparagus (v) Sun blushed tomatoes, crème fraîche, pesto, wild mushrooms	£16.95

from the oceans...

Grilled fillet of salmon Rosti, asparagus, spinach, Béarnaise sauce	£19.95
Grilled fillet of sea bass Nicoise salad of free range egg, new potatoes, fine beans, olives, sun blushed tomatoes	£18.95
Catch of the day With seasonal garnish	£17.95

from the grill...

All our grills are served with your choice of one side order and a sauce. All our beef is naturally reared on Cumbrian farms, carefully matured for a minimum of 21 days, and garnished with a flat mushroom and vine cherry tomatoes.

Sirloin 8oz	£24.00
Has a light marbling of fat with a thicker layer of fat on the outside. Best served Medium – Medium.	
Fillet 8oz	(*£5.00) £29.00
The most tender cut of meat with very little or no fat. We would recommend to be served Blue through to Medium, however the choice is yours.	
Rib Eye 10oz	(*£3.00) £27.00
This cut is from the end of the sirloin approaching the neck which has the most flavour due to the higher fat content. Best served Medium – Medium Well.	
Cumbrian pork cutlet 12oz	£18.95
Waterhead Piri Piri marinated spatchcock poussin	£17.95

side orders...

All at £3.00

- Minted new potatoes
- French fries
- Chunky chips
- House salad
- Seasonal vegetables
- Rocket and parmesan salad

sauces...

All at £3.00

- Peppercorn
- Garlic butter
- 'Blacksticks' blue cheese
- BBQ steak sauce
- Dianne
- Red wine jus

To finish...

Gluten free sticky toffee pudding Butterscotch sauce vanilla ice cream	£6.95
Coconut and pineapple Martini Coconut panna cotta, roast pineapple with Malibu, Pina colada ice cream	£7.25
Lemon verbena brûlée Fresh raspberries, gluten free cookie	£6.95
Gluten free chocolate brownie Chocolate sauce and iced cream	£6.95
Waterhead cheeseboard (*£3.00) £9.95 Cumbrian brie, 'Blacksticks' blue, 'Mrs Kirkham's' Lancashire, 'Westmorland' smoked cheddar, 'Stumpy' Goats Cheese, grapes, celery, gluten free oatcakes and a tasting of white port.	
Ice creams and sorbets 2-scoops £4.50 3-scoops £6.00 Please ask your waiter for tonight's flavours.	
Diabetic ice creams 2-scoops £4.50 3-scoops £6.00 Please ask your waiter for tonight's selection	