

# GLUTEN FREE DINNER 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 rate may choose any starter, main course and dessert. All other dishes, and items with a supplement price eg (£3.00\*) will be charged additionally.

## TO BEGIN

<b>Chef's Seasonal Soup of the Day (V)</b> Gluten free bread	£5.95	<b>Grilled Vegetarian Haggis (V)</b> Whisky dip and crisp rocket	£7.50
<b>Pressed Ham Hock Terrine</b> With parsley and mustard pork fillet, gluten free croute, Westmorland chutney	£7.95	<b>'The Lakes Gin' Cured Trout Fillet</b> Watercress, lemon gel	£7.95
<b>Heirloom Tomato Salad (V)</b> Buffalo mozzarella, balsamic glaze	£7.50	<b>Cumbrian Waterhead Platter</b> Crisp cheese & onion bon bon, smoked salmon, prosciutto, pastrami, Eden Valley brie, olives, sun blushed tomatoes, Westmorland chutney, gluten free bread £9.95 for one (*£3.00) £17.95 for two	
<b>Seafood Langoustine Bisque</b> Sautéed prawns, fresh chives, gluten free bread	£8.95		

## TO FOLLOW

<b>Pan Seared Breast of Duck</b> £18.95 Rosti potato, seasonal greens, sticky honey and red wine pear jus	<b>Fillet of Salmon</b> £18.95 Buttered new potatoes, Hollandaise and watercress salad
<b>Roasted Cumbrian Rack of Lamb</b> £18.95 Dauphinoise potatoes, seasonal vegetables and a red wine jus	<b>Roast Cod Fillet</b> £18.50 Crushed new potatoes, chorizo and mussel broth
<b>Spicy Courgette &amp; Saffron Risotto (V)</b> £16.95 Roast cherry tomatoes and parmesan crisp	<b>Catch of the Day</b> £17.95 With seasonal garnish
<b>Corn Fed Chicken Breast</b> £16.95 Mashed potatoe, creamed wild mushrooms and peas, seasonal vegetables, crispy streaky bacon	<b>Side Orders</b> all at £3.00 Buttered new potatoes House salad Seasonal vegetables Hand cut chips Rocket and parmesan salad
<b>Tagliatelle Gluten Free Pasta (V)</b> £16.95 Crème fraîche, green peas, broad beans and parsley, rocket and balsamic	<b>Sauces</b> all at £2.00 Peppercorn BBQ steak sauce Dianne Blue cheese Red wine jus Garlic Butter
<b>Confit of Pork Belly</b> £18.95 Boulangere potatoes, seasonal vegetables, homemade apple sauce and cider jus	

## 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 Well.

**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 Chicken Escalope** £13.95

**Seared Tuna Steak** £19.95

**10oz Pork Cutlet** £14.95

## TO FINISH

<b>Vanilla Crème Brûlée</b> £6.95 Gluten free biscuit	<b>Waterhead Cheese Board</b> (£3.00*) £9.95 Cumbrian Brie, Blacksticks Blue, Mrs Kirkham's Lancashire, Cumbrian Goat's Cheese, 'Westmorland' smoked cheddar, grapes, celery, gluten free oatcakes and a tasting of white port
<b>Raspberry Assisette</b> £7.95 Iced raspberry parfait, raspberry sorbet and raspberry coulis	<b>A Selection of 'English Lakes' Ice Cream and Sorbet</b> 2 Scoops £4.50 3 Scoops £6.00 Please ask your waiter for tonight's flavours. Diabetic ice cream available
<b>Gluten Free Sticky Toffee Pudding</b> £6.95 Butterscotch sauce vanilla ice cream	
<b>Chocolate Gluten Free Brownie</b> £6.95 Chocolate soil and 'English Lakes' chocolate ice cream	

(v) – Vegetarian. Prices are inclusive of VAT charged at the current rate. Before ordering please speak to our staff if you have a food allergy or intolerance.