

# GLUTEN FREE DINNER MENU



## TO START

<b>Chefs Seasonal Soup of the Day (v)</b> Glute free bread	£5.95	<b>Crisp-fried Whitebait</b> Tomato and garlic sauce, crisp rocket	£7.50	<b>Beetroot Carpaccio (v)</b> Glazed chive goats cheese, balsamic glaze and micro leaf salad	£7.95
<b>Game Terrine of Partridge, Rabbit &amp; Venison</b> Wrapped in smoked streaky bacon, spicy lentils and a carrot gel	£7.95	<b>Smoked Salmon</b> Lemon and caper dressing, cracked black pepper, rocket leaves	£8.95	<b>Blue Cheese Mousse (v)</b> Compressed apple, candid walnuts, pickled apple gel	£7.95
<b>Whole-baked Camembert (v)</b> Infused with fresh rosemary, toasted gluten free bread	£8.25	<b>Confit Duck Leg</b> Braised red cabbage, compressed cucumber, hoi sin gel	£7.95		

## TO FOLLOW

<b>Pan Seared Pheasant Breast</b> Sweet potato fondant, honey glazed carrots, beetroot purée, black cherry jus	£18.95	<b>Corn-Fed Chicken Breast</b> Stuffed with wild mushrooms and chestnuts, parmentier potatoes with thyme, red kale, glazed courgette, wild mushroom fricassee	£16.95	<b>Gluten Free Pasta (v)</b> Mediterranean vegetables in a rich tomato and basil sauce	£16.95
<b>Slow Braised Lamb Shank</b> Infused with Rosemary, creamy mashed potato, seasonal vegetables and red wine jus	£17.95	<b>Braised Blade of Beef</b> Roasted root vegetables, purple sprouting broccoli, creamy mashed potato, rich ale jus	£18.95	<b>Cumbrian Pork Fillet</b> Stuffed with apricot and sage, wrapped in streaky bacon, dauphinoise potatoes, sautéed purple Brussel sprouts with pinenuts, red apple sauce and a cider jus	£18.95
<b>Grilled fillet of Seabass</b> Heritage potatoes, blood orange segments, fennel salad, beetroot gel and sauce vierge	£18.95	<b>Roast Fillet of Hake</b> Creamed celeriac, fondant potato, crisp prosciutto, seasonal vegetables, red wine butter sauce	£18.50	<b>Char grilled Halloumi (v)</b> Chargrilled aubergine with spinach, hummus, tzatziki, roast cherry vine tomatoes	£15.95
<b>Roasted Butternut Squash and Artichoke Risotto (v)</b> Fresh rocket and Parmesan shavings	£16.95			<b>Catch of the Day</b> 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 cherry vine tomatoes.

<b>Sirloin 8oz</b> Has a light marbling of fat with a thicker layer of fat on the outside. Best served Medium – Medium Well	£24.00	<b>6oz 'Cartmel Valley Game' Venison Haunch Steak</b> Has a fine lean texture with a rich and gamey flavour. Best served Medium Rare to Medium	£18.95	<b>Sides</b> Mashed potato Gluten free battered onion rings Seasonal vegetables Hand cut chips Rocket and parmesan salad House salad	All £3.00
<b>Fillet 8oz</b> The most tender cut of meat with very little or no fat. We would recommend to be served Blue through to Medium	(£5.00*) £29.00	<b>Char-grilled Cumbrian Chicken Breast</b> Mango, mint and chili salsa	£13.95	<b>Sauces</b> Peppercorn BBQ steak sauce Dianne Blue cheese Red wine jus Garlic Butter	All £2.00
<b>Rib Eye 10oz</b> 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	(£3.00*) £27.00	<b>10oz Pork Cutlet</b> Light textured thin cut of meat served on the bone	£14.95		

## TO FINISH

<b>Clotted Cream Pannacotta</b> Gluten free cookie	£7.95	<b>Waterhead Cheese Board</b> Somerset Brie, Blacksticks Blue, Kendal Creamy Cheddar, 'Grace's' Goat's Cheese, 'Westmorland' Smoked Cheddar, grapes, celery, gluten free oatcakes, homemade fruit chutney and a tasting of white port	(£3.00*) £9.95	<b>A Selection of Locally Made Ice Cream and Sorbet</b> Please ask your waiter for tonight's flavours. Diabetic ice cream available	2 Scoops £4.50 3 Scoops £6.00
<b>Gluten Free Sticky Toffee Pudding</b> Butterscotch sauce vanilla ice cream	£6.95				
<b>Chocolate Assisette</b> Gluten free warm chocolate brownie, chocolate ice cream, chocolate sauce	£6.95				

Dinner Inclusive Diners: 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.

(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.