

## GLUTEN FREE MENU

### TO START

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| ROAST CARROT AND CUMIN SOUP (V) 6.00<br><i>Coriander yoghurt</i>                                 |  | POTTED SMOKED MACKEREL 6.50<br><i>Cranberry jelly, potato and mustard salad, gluten free bread</i> |  |
| WARM MAPLE GLAZED BABY SQUASH (V) 6.50<br><i>Fig, goats cheese mousse and pumpkin seed salad</i> |  | MUNCASTER CRAB, CHILLI, LIME, CORIANDER SALAD 7.50<br><i>Tomato gazpacho, basil mayonnaise</i>     |  |

### MAIN

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| SMOKED COD LOIN 17.50<br><i>Lyonnaise potatoes, black pudding, rainbow chard, sweetcorn purée, curried hollandaise</i>  |  | SLOW COOKED SHANK OF LAKELAND LAMB 17.50<br><i>Fried bacon hash, kale, honey and thyme sauce</i>   |  |
| THE WINDERMERE FISH PIE 17.00<br><i>Smoked haddock, monkfish, salmon and prawns in a white wine and spinach sauce. Topped with creamy mash, served with buttered peas and broad beans</i> |  | BRAISED BLADE OF BEEF 18.00<br><i>Mashed potato, black pudding, spinach, roast root vegetable, red wine reduction</i>  |  |
| POLENTA BATTERED MONKFISH TAILS 18.00<br><i>Parmentier potatoes, crushed minted peas, saffron tartar</i>  |  | ROAST VEGETABLE AND LENTIL SHEPHERD'S PIE (V) 16.00<br><i>Pickled red cabbage, gluten free bread and butter</i>  |  |
| CORN-FED CHICKEN BREAST 17.00<br><i>Braised puy lentils, kale and hazelnut, dehydrated goats cheese, crispy Waberthwaite ham</i>  |  | SIDES:<br><i>Triple cooked chips (v) 3.50</i><br><i>Mashed potato (v) 3.50</i><br><i>Braised red cabbage (v) 3.50</i><br><i>Roast root vegetable (v) 3.50</i><br><i>Mixed salad (v) 3.50</i> |  |
| CRISPY PORK BELLY 17.50<br><i>Fondant potato, savoy cabbage &amp; pancetta, apple sauce, cider jus</i>  |  |  |  |

### SOMETHING SWEET

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| SPICED PEAR AND WINTERBERRY OAT CRUMBLE (V) 6.50<br><i>Crème Anglaise</i>   |  | LOW WOOD BAY STICKY TOFFEE PUDDING (V) 7.50<br><i>Butterscotch sauce and vanilla ice cream</i>  |  |
| AFFOGATO, ESPRESSO, FRANGELICO (V) 6.50<br><i>Vanilla bean ice cream, homemade gluten free gingerbread biscuits</i> |  | LOCALLY MADE ICE CREAMS AND SORBETS (V) 2.00 PER SCOOP<br><i>Ice cream: vanilla, strawberry, chocolate, cinder toffee, damson, crushed raspberry, praline</i><br><i>Sorbet: black cherry &amp; almond, strawberry</i><br><i>(Diabetic ice cream and sorbet available)</i> |  |
| PEANUT BUTTER PARFAIT (V) 7.00<br><i>Blackcurrant coulis, praline ice cream</i>                                     |  | LOCAL CHEESE PLATTER (V) 8.50<br><i>Eden Valley Brie, Garstang Blue, Lake District Cheddar, Westmorland Smoked Cheddar. Oatcakes, homemade fruit chutney, grapes and celery</i>   |  |
| FIG AND COCONUT CHAI SEED DESSERT (V) 7.00<br><i>Black cherry and almond sorbet</i>                                 |  |   |  |