

GLUTEN FREE DINNER MENU



TO START

Chef's Seasonal Soup of the Day Gluten free bread	£5.95	Crisp-Fried Whitebait Tomato and garlic sauce, crisp rocket	£7.50	Fillet of Beef Carpaccio Seasoned with cracked black pepper, salt and parsley, served with fresh rocket, Parmesan shavings, balsamic glaze	£7.95
Beetroot and Herb Goat's Cheese Terrine (v) Balsamic glaze and micro leaf salad	£7.50	Home-Cured Salmon Marinated with smoked paprika and served with compressed apple, cucumber gel, fresh apple	£8.95	Pan Seared Duck Breast The Lakes Distillery 'The One' Whisky and orange glaze, watercress, orange segments	£7.50
Whole Baked Camembert (v) Infused with fresh rosemary, toasted gluten free bread	£8.25	Tomato, Vegetable and Tofu Miso Broth (v) Gluten free croûte	£6.95		

TO FOLLOW

Braised Blade of Beef Roasted root vegetables, tender stem broccoli, creamy mashed potato and a rich ale jus	£18.95	Slow Cooked Pork Belly Creamy mashed potato, sautéed cabbage and bacon, parsnip purée, honey jus	£17.95	Gluten Free Penne Pasta with Wild Mushrooms, Spinach & Goat's Cheese(v) Crisp rocket, roasted tomatoes, garlic and chive cream sauce	£16.95
Pan Seared Salmon Fillet Rösti potato, buttered spinach with shallots, charred asparagus spears, mussel & saffron cream	£18.50	Roasted Cod Loin Crushed new potatoes, buttered fine beans, confit cherry tomatoes, dill Hollandaise	£18.95	Chargrilled Halloumi & Falafel Platter(v) Grilled artichokes, charred courgette, cucumber and mint yoghurt, house salad	£15.95
Moroccan Chickpea, Butternut Squash & Cavolo Nero Tagine(v) Chargrilled gluten free garlic bread and Parmesan shavings	£16.95	Roasted Cumbrian Lamb Chump Dauphinoise potato, baby carrots and peas, beetroot fondant, red currant jus	£17.95	Catch of the Day Seasonal garnish	£17.95
		Roasted Corn-Fed Chicken Breast Spring onion and smoked cheddar potato cake, sweetcorn purée, roasted baby corn, wholegrain mustard sauce	£16.95		

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.

Sirloin 8oz Has a light marbling of fat with a thicker layer of fat on the outside. Best served Medium – Medium Well	£24.00	6oz 'Cartmel Valley Game' Venison Haunch Steak Has a fine, lean texture with a rich and gamey flavour. Best served Medium Rare to Medium	£18.95	Sides Buttered new potatoes Gluten free battered onion rings Seasonal vegetables Hand cut chips Rocket and Parmesan salad House salad	All £3.00
Fillet 8oz 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	Char-grilled Cumbrian Chicken Breast Sticky honey and BBQ glaze	£13.95	Sauces Peppercorn BBQ steak sauce Dianne Blue cheese Red wine jus Garlic Butter	All £2.00
Rib Eye 10oz 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	10oz Pork Cutlet Light textured thin cut of meat served on the bone with lemongrass and coriander	£14.95		

TO FINISH

Gluten Free Chocolate Assiette Warm chocolate brownie, chocolate ice cream, chocolate sauce	£6.95	Dark Chocolate Fondue Fresh strawberries, marshmallows, gluten free chocolate brownie and homemade fudge	£7.50	Waterhead Cheese Board Somerset Brie, Garstang Blue, Mrs Kirkham's Creamy Lancashire, Ribblesdale Goat's Cheese, Westmorland smoked cheddar, grapes, celery, oatcakes, homemade fruit chutney and a tasting of white port	(£3.00*) £9.95
Gluten Free Sticky Toffee Pudding Butterscotch sauce, vanilla ice cream	£6.95	A Selection of Ice Cream and Sorbet Please ask your waiter for tonight's flavours. Diabetic ice cream available	2 Scoops £4.50 3 Scoops £6.00		
Chilled Raspberry Mousse Homemade rice pudding ice cream and fresh raspberries	£7.25				

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.