

GLUTEN FREE GLUTEN FREE



GLUTEN FREE GLUTEN FREE

TEL: 015394 36372
LUNCH MENU – SERVED 12 –2.30PM

PLEASE ASK FOR GLUTEN FREE BREAD WHEN ORDERING ANY DISH SERVED WITH BREAD

Soup of the day with seeded roll 4.95

Sandwiches & Toasted Wraps

On white or seeded brown bread, plain or gluten-free tortilla with homemade coleslaw, side salad & homemade tortilla chips

Marinated flat iron steak, red onion marmalade, melted Monterey Jack cheese 7.95

Poached mango chicken breast, tikka mayonnaise, baby gem leaves 6.95

Grated Cheddar, Mozzarella, Flake Bridge cheeses, garlic & basil marinated tomatoes 5.75

Mains

Gluten free beer-battered fish fillet, seasoned hand-cut chips, mushy peas, homemade tartare sauce 12.75

Salad of baked goats cheese, roasted beetroot, silver skin onions, lambs tongue leaves, walnut oil dressing (V) 11.95

Kings Arms fried chicken in basket, apple slaw, seasoned fries, corn on the cob 13.75

Sharing Platter

Deli cold platter - Flake Bridge, Black Dub Blue & Eden Ivory cheeses, chicken liver & brandy pate, potted rabbit, honey & mustard glazed ham, bacon jam & vegetable crisps with warm crusty bun, seeded bread & Hawkshead Relish chutneys 14.75
(please ask for this dish without ham)

Sides

Seasoned hand-cut chips 3.50

Posh fries – with truffle oil & parmesan 4.00

Homemade onion rings 3.00

Salad bowl 2.75

Seasonal buttered vegetables & greens 3.25

Garlic & herb sourdough / add cheddar or stilton 5.00/6.00

Bread basket, balsamic & extra virgin olive oil dip, olives & salted butter 5.00

Due to the presence of nuts in some of our dishes, we cannot guarantee the absence of nut traces in our menu
Please talk to us about any allergies or dietary requirements before you order