

# gluten free menu

## to start

New Forest venison liver parfait, Cumberland sauce, toasted gf soldiers	8.50
Poole Bay clams cooked in cider with chorizo & gf bread	8.50
Tempura of king prawns, spicy Asian style dip	9.50
Homemade soup of the day with gf bread	6.50

## mains

Rib-eye <u>or</u> fillet steak, french fries, grilled mushroom, tomato, watercress salad and a green peppercorn sauce	Rib-eye 22.95 Fillet 28.50
Fish and chips - locally landed haddock, french fries, tartare sauce, lemon and crushed peas	14.50
Pan fried calves liver, creamy mash, crisp pancetta, seasonal vegetables and a red onion sauce	18.95
Pie of the day, creamy mashed potato, seasonal vegetables and a jug of gravy	14.50
Malaysian fish curry with coconut rice	18.50
Honey roasted ham, free range eggs and french fries	13.50
The Rockingham Dexter beef burger with bacon and cheddar in toasted gf bread, french fries, salad and homemade barbeque sauce	14.50
Vegan mushroom and beetroot burger toasted gf bread, french fries and salad	14.50

## sandwiches & snacks (lunchtime only) served on gf bread

Traditional ploughmans - local cheese, home cooked ham and gf bread	14.50
<i>All sandwiches served with a handful of skinny fries</i>	
Smoked salmon, cream cheese in gf bread with mixed leaves	10.50
Free range chicken, pesto and rocket, gf bread	9.50
Simple home cooked ham <u>or</u> local cheddar	8.50
If you would like to add a cup of homemade soup to your sandwich	additional 3.50

## puddings

Vanilla seed crème brûlée	6.50
Banana and rum crepes with vanilla ice cream	7.50
Cinnamon pannacotta with plum compote	6.50
Selection of ice cream or sorbet	2 scoops 4.50 / 3 scoops 6.00
Selection of 3 finest local cheeses, grapes, celery, gf biscuits (Our gluten free biscuits are Nairns, they may contain oats)	11.00

