

## Gluten Free Lunch Menu:

2 Courses £16 | 3 Courses £19

(allergies highlighted in red - please make staff members aware of any other allergies)

### Starters:

- Roasted Red Pepper Hummus, Spiced Herb Oil, Almonds, Gluten Free Bread (nuts/milk/sulphites) £5.25  
Salt and Pepper Crispy New Potatoes (VEGAN) (sulphites) £5.00  
Grilled Whitebait, Tartar Sauce, Rocket and Lemon Oil (fish/eggs/mustard/sulphites) £5.50

### Mains:

- Homemade Soup of the Day, Gluten Free Bread, Salted Butter (V) (milk/sulphites) £6.50  
Grilled Chicken Goujons, Chipotle Aioli, Red Cabbage Slaw, Crispy Chickpeas (sulphites/mustard/eggs/nuts) £10.00  
Grilled Haddock Goujons, Tartar Sauce, Dressed Leaf, Crispy Capers, Lemon (fish/sulphites/egg/mustard) £10.00  
Cricketers Bang Bang Cauliflower, Sticky Chilli Sauce, Sesame, Candied Peanuts, Pomegranate (VEGAN) (sesame/nuts/sulphites) £9.00  
Caesar Salad, Cos Lettuce, Parmesan, Anchovies, Crispy Pancetta, Caesar Dressing (fish/milk/eggs/mustard/sulphites) (Add Pan Roasted Chicken or King Prawns for £5) £9.50  
Ham Hock Terrine, House Relish, Baby Leaf Salad, Gluten Free Bread (milk/sulphites/mustard) £9.50  
Oak Smoked Salmon, Chive Sour Cream, Crispy Capers, Herb Oil Baby Leaf, on Gluten Free Bread (milk/sulphites/fish) £10.50 (£2 supplement as set menu option)

### Sandwich:

All Served on Gluten Free Bread with a Dressed House Salad

- Grilled Chicken, Lettuce, Chipotle Aioli, Red Cabbage Slaw (milk/eggs/mustard/sulphites) £9.50  
French Dip Roasted Beef & Onion, rocket, mustard, Lancashire Cheese, Jus (sulphites/mustard/milk) £10.00  
Grilled Fish Finger Butty, Rocket and Tartar Sauce (fish/eggs/mustard/milk) £10.00

### Sides:

- Sautéed Kale and Spinach, Toasted Almonds (v) (milk/nuts) £4.50  
Confit Garlic Crispy New Potatoes (v) £4.50  
Buttered Greens (v) (milk) £4.50  
Skin on Fries (vegan) £4.50  
Twice Cooked Chips (vegan) £4.50  
Truffle and Parmesan Fries (milk) £5.00  
Coconut & Kaffir Rice (vegan) £4  
House Salad, Baby Leaf, Red Onion, Confit Tomatoes, Olive Oil, Blasamic (v) (milk/sulphites) £4.00  
Honey Roasted Root Veg (v) £4.50

**Sweets:**

Mini Coconut and Pineapple Crème Brûlée, Spiced Pineapple (vegan option available on request)  
(milk, sulphites) £4.00

Winter Berry Sorbet, Coulis (vegan) £4.00

Duo of Mrs Dowsons Ice Cream - ask a member of staff for today's flavours (milk) £4.00