

# GLUTEN FREE MENU

Time restrictions apply on some gluten free items.

due to the time taken to cool and clean the oil in our gluten free fryers. (TR)  
Fried items wont be available after 7:30pm Sun-Thurs and after 8pm Friday & Saturday

We use ingredients containing allergens as part of the preparation of food in all of our eateries. We also cook different foods with the same equipment. It is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross-contamination in our kitchens.

## STARTERS

**Garlic Mushrooms £7**  
With gluten free bread

**Garlic, Chilli & Chorizo Prawn Pil Pil £8.50**  
with gluten free bread

**Gluten Free Crispy Cod Goujons £7 (TR)**

**Firecracker Rarebit £7**  
Toasted Gluten Free Garlic bread topped with chilli cheese & fried egg

**Korean Cauliflower Bites £6.80 (TR)**  
Crispy Cauliflower in a sticky korean glaze with sesame and spring onions

## MAINS

**Gluten Free Foundry Fish & Chips £15 (TR)**  
with mushy peas

**Cumbrian Feather Blade Beef £18.00**  
with creamy mash, seasonal vegetables and a choice of gluten free gravy or peppercorn sauce.

**Seabass £17**  
Pan fried seabass, with Mediterranean potato salad and a lemon and garlic dressing

**Korean Cauliflower £13.00 (TR)**  
Crispy cauliflower with salad and spice shake fries

## STEAKS

with a choice of side, flat cap mushroom, roasted tomato and light salad

**Sirloin £24**  
A top quality steak cut from the strip loin of our exceptional Cumbria cattle

**Flat Iron £18.50**  
A tasty juicy cut from the shoulder

**Add Surf to your Turf, King Prawns £4.00**  
**Add Sauce Peppercorn, Blue Cheese, Dianne £3.00**

# GLUTEN FREE MENU

## LOADED FRIES (TR)

**NORTHER FRIES £8.50**  
WITH CHEESE AND GLUTEN FREE GRAVY

**BBQ PULLED BEEF FRIES £10.50**  
WITH BBQ PULLED BEEF AND MOZZARELLA

**STEAK FRIES £11.00**  
TOPPED WITH FINELY CUT FLAT IRON STEAK  
AND PEPPERCORN OR BLUE CHEESE SAUCE

## SIDES £3.50

CHIPS, FRIES AND ONION RINGS  
(TR)

## AFTERS

**Bonfire Brownie £7**  
with Marshmallow fluff, thunder and lightning ice cream and toffee sauce

**Bailey's Affogato £7.50**  
Scoop of vanilla ice cream topped with Espresso and a shot of Baileys

**Ice cream Selection £4.50**  
**3 scoops**  
Vanilla, Strawberry, Chocolate, Thunder and lightning

**Sorbet Selection £3.50**  
**2 scoops**  
Raspberry or Lemon