

T H E



RED LION  
L A C O C K

# GLUTEN FREE MENU

## *While you wait*

Mixed marinated olives - v	£4.75
Chipolata sausages in a honey mustard glaze	£4.75

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## *Starters and Sharers*

Homemade soup of the day with toasted bread - v	£5.95
Sautéed oyster mushrooms with shallots, garlic and parsley butter on toasted bread - v	£7.50
Mezze board of toasted bread with houmous, sun blushed tomatoes, feta cheese, tzatziki, chargrilled aubergine and marinated olives - v	£15.50
Baked Camembert with honey and rosemary served with toasted bread and roast garlic jam - v	£12.95

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## *Mains*

6oz Beef burger with spicy tomato chutney on a toasted bun, lettuce, tomato, crunchy summer slaw and chips - <i>Add cheese and bacon for £1.00 each</i>	£11.95
Fish of the day in a Wadworth 6X Gold beer batter served with chips, homemade mushy peas and tartare sauce	£13.95 / £8.95
Home-cooked honey glazed ham with free-range fried eggs, slow roasted tomato and chips	£12.50 / £8.50
10oz Dry aged rump steak with mushroom, grilled tomato, chips and dressed leaves <i>Add peppercorn sauce, Stilton sauce or garlic butter for £2.00</i>	£20.95
Sun blushed tomato chilli and goat's cheese hash with spinach, basil, red onion and peas - vg	£11.50
Caesar salad of romaine lettuce, vegetarian cheese and free-range egg - v	£10.75 / £7.75

(v) = vegetarian option. (vg) = vegan option. All weights are approximate before cooking. All food is prepared in our kitchen where nuts, gluten and other allergens are present. Processes and training are in place to ensure that gluten-free meals on our gluten free menu are gluten-free. Our menu descriptions do not include all ingredients.

**IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING.**

Full allergen information is available upon request. Fish dishes may contain small bones. We aim to support local farmers and growers from the Assured Food Standards Association. 0617/1.



## **Sides**

Chips - v	£3.50	Seasonal vegetables - v	£3.50
House salad - v	£3.50		

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## **Sandwiches**

*Please ask for today's bread selection and then choose from the fillings below*

Brie, bacon and cranberry	£7.75
Fish goujons with lettuce and tartare sauce	£7.75
Smoked salmon with cream cheese and cucumber	£7.75
Home-cooked ham and mature Cheddar with tomato and watercress	£8.25
Houmous with grilled aubergine, olives and roasted red pepper - v	£7.25

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## **Puddings**

*All puddings £6.50*

Choose 3 scoops from our ice-cream and sorbet selection, ask us for more details - v

Passion fruit cheesecake with frozen yoghurt - v

Sticky toffee pudding with rich toffee sauce and vanilla ice-cream - v

Eton Mess - English strawberries with ice-cream, meringues and Chantilly cream - v

A selection of British cheeses with apple, grapes, celery and chutney	£8.95
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## **Hot Drinks**

Americano	£2.75	Flat white	£3.00
Cappuccino	£3.00	Hot chocolate	£3.25
Latte	£3.00	Pot of tea	£2.75
Espresso	£2.50	Speciality tea	£2.90
Double espresso	£3.00	Mocha	£3.25

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***Seasonal daily specials are always available ask us for more details***

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