

GLUTEN FREE MENU

STARTERS

Traditional Prawn Cocktail, Gluten Free Bread **£7.50**

Sautéed King Prawns with Garlic Butter, Chilli and Chorizo, Gluten Free Bread **£7.95**

Grilled Chicken Goujons, Dressed Leaf & Sweet Chilli Mayonnaise **£6.75**

Chicken Liver Parfait, Dressed Leaf, Gluten Free Bread **£6.75**

Bowl of Mixed Olives **£3.50**

Soup of the Day and Gluten Free Bread **£4.95**

(Please Ask a Member of Staff if Today's Soup of the Day is Gluten Free)

MAIN COURSES

Scott's Rump Steak, Served with Twice Cooked Chips & Dressed Side Salad
5oz £11.50 / 8oz £16.50

Clarkson's Gammon, Oven Roasted Tomato, Fresh Pineapple, Fried Local Egg, Vegetables & Twice Cooked Chips
6oz £9.75 / 10oz £13.25

Mushroom Stroganoff served with Fragrant Rice
£10.95

Baked Haddock Fillet, Mushy Peas & Twice Cooked Chips, Tartare Sauce
Standard £10.50 / Large £13.50

Five Bean Chilli, Spicy Tomato Sauce, Fragrant Rice **£9.95**

Seared Seabass Fillets, Thai Style Fishcake, Sesame Steamed Pak Choi & Tender Stem Broccoli, Tomato, Lime & Coriander Sauce
£16.95

Roast Goosnargh Chicken Breast, Garlic Roasted & Sweet Potato Fondants, Grilled Asparagus, Sun Blushed Tomato & Basil Sauce
£15.95

BURGERS

The Ships Gourmet Burger; 8oz Beef Burger, Baby Gem Lettuce, Beef Tomato & Gherkin **£10.50**

Smokey BBQ Burger; 8oz Gourmet Burger, Smoked Bacon, Smoked Cheese, BBQ Sauce
£12.50

Both Served in a Gluten Free Bun with Twice Cooked Chips & Slaw

BARGE BOARD

Pick any Three Items from Below, Served with Dressed Leaf, Gluten Free Bread and Dips; **£13.50**

**Tuna
Grilled Chicken Goujons
Chicken Liver Parfait
Prawn Cocktail**

SALADS

The Ships House Salad
Crisp Leaf, Feta Cheese, Confit Cherry Tomatoes, Pinenuts, Pesto Dressing
£9.25

Caesar Salad
Gem Lettuce, Pancetta, Anchovies, Parmesan, Classic Caesar Dressing
£9.25

SANDWICHES

All of our Core Menu Sandwiches are Gluten Free, Served on Gluten Free Bread with Twice Cooked Chips & Slaw

PUB BUTTIES

Served on Gluten Free Bread

**Hand Cut Chip Butty
£3.95
Smoked Bacon Butty
£4.50**

All of Our Core Menu Jacket Potatoes are Gluten Free

DESSERTS

Vanilla Crème Brulee, Summer Fruits **£6.25**

Ice Cream:

1 Scoop **£2.95**
2 Scoops **£4.95**
3 Scoops **£6.25**

