# Gluten Free MAIN BOARD MENU 

## Available 12.00 noon to 2.30 pm and 6.00 pm to 9.00 pm

## STARTERS

Homemade Marinated Olives, Crusty Gluten Free Bread (ideal for two) $£ 4.50$
Homemade Soup of the Day with Gluten Free Bread $£ 6.95$
Roasted King Prawns in a Garlic, Chilli and Herb Butter, served with Gluten Free Bread £9.95
Crispy Halloumi Fries, Dressed Mixed Leaves, Sweet Chili Dipping Sauce $£ 6.95$ GF*
Seafood Mornay, Poached Salmon, Cod \& Prawns in a Light Cheese Sauce with Gluten Free Bread $£ 9.95$ / £16.95
Peppered Smoked Salmon, Prawn Salad, Dressed Mixed Leaves with Gluten Free Granary Bread \& Butter £8.95 / £15.95
Baked Mini Camembert served a with Red Onion Marmalade, Gluten Free Bread £9.95
Sautéed Mushrooms \& Smoked Bacon in a Garlic and Cream Sauce, Gluten Free Bread $£ 7.95$ Walnut tree salad, marinated olives, crushed walnuts, beetroot and toasted goats' cheese with a honey and mustard dressing $£ 8.95$

## MAINS

Slow Cooked Belly of Pork, Caramelised Onion, Crackling, Dauphinoise Potatoes, Jus $£ 17.95$
Char Grilled Medallions of Prime Fillet, Peppercorn Sauce $£ 24.95$
Confit of Duck Leg, Braised Red Cabbage, Dauphinoise Potatoes, Thyme Jus $£ 18.50$
Boeuf Bourguignon, Feather Blade of Beef cooked in Red Wine with Smoked Bacon, Roasted Shallots and Mushrooms served with a Creamy Mash Potato $£ 16.95$
Roasted Fillet of Salmon, on a Bed of Mediterranean Vegetables, Sun Blushed Tomatoes Tapenade \& Olive £17.95

Fillet of Seabass, garlic herb and prawn butter $£ 17.95$
Roasted chicken breast wrapped in smoked bacon, with a wild mushroom sauce $£ 16.95$
Slow cooked Shank of Lamb, Marinated in a Garlic \& Rosemary Jus $£ 22.95$
(Served with a choice of seasonal vegetables, new potatoes, chips GF* or salad)
Cod Loin, Chunky Chips, Mushy Peas, Homemade Tartare Sauce $£ 15.95$ GF*
Smokey mixed bean and vegetable chilli with basmati rice $£ 13.50$
GF* Cooked in a fryer that may contain traces of gluten.
A choice from our DESSERTS MENU

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