

THE BEAR AND RAGGED STAFF

GLUTEN FREE MENU

Deciding

v Gluten-free bread with olive and sun dried tomato tapenades, oil and balsamic 5.00

v Marinated green and black Sicilian olives with garlic, mustard and honey 3.00

Start

v Soup of the day and gluten-free bread with butter 5.95

Duck liver paté, orange kumquat relish, toasted gluten-free bread 5.95

Smoked salmon mousse, prawn and crayfish citrus cocktail, kohlrabi and celeriac rémoulade, gluten free bread 6.50

Warm confit duck leg, potato and pomegranate salad, pomegranate jus 6.75

v Grilled Goats cheese, spiced pear, toasted nut salad, beetroot balsamic 5.95

For 2 to share: Baked camembert, Gluten-free bread, red onion marmalade, cranberry sauce 12.00

Mains

Locally sourced 8oz. Ribeye steak, sautéed button mushrooms, grilled beef tomato, gluten-free batter onion rings, triple cooked chips, dressed salad garnish 22.50

Add: peppercorn or creamy blue cheese sauce 2.50

Cranberry roast ham served cold, 2 free range eggs, triple cooked chips, dressed salad garnish 12.50

Traditional roast turkey, pigs in blankets, sage and onion stuffing, salt-baked parsnip purée, bacon butter fried sprouts, roast potatoes, turkey jus 16.00

continued overleaf

Mains continued

Braised beef Bourguignon, horseradish mash, buttered cabbage 14.50

Pan fried pheasant breast, new potatoes, braised red cabbage, redcurrant jus 14.50

Chef's Curries of the day, Basmati rice, gluten-free naan 12.95

Gluten-free Herb crusted cod set on Colcannon mash, in garlic, prawn and bacon butter 15.00

Gluten-free batter deep fried haddock and triple cooked chips with mushy peas and lemon 12.95

v Wild mushroom, leek and Gruyere herb gluten-free crumb bake. New potatoes, fresh vegetables 13.50

Bear Burger

Home-made Beef Burger with tomato, lettuce and red onion marmalade in a gluten-free bun, served with salad garnish and triple cooked chips 11.50

Add: Bacon .50p Worcestershire Gold Cheddar .50p

**All main courses are served as complete dishes
Additional sides available 3.00**

Triple cooked Chips

New potatoes

Garden peas

G-F Onion rings

Mixed salad

Fresh vegetables

Braised red cabbage

Allergies and food intolerances:

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Please discuss your individual requirements with us before ordering.