



Gluten Free Menu

Nibbles

Bowl of marinated olives (v)	£3.50
Baked Camembert (v) cranberry compote, gluten free toast	£8.50

Sandwiches & Toasties

*All served with salad & coleslaw on
gluten free bread*

Roast Ham & Cheddar toastie	£5.50
Cheddar cheese & tomato toastie	£4.95
Bacon & Double Egg	£5.95
Hot Tuna & Cheddar melt, toastie	£5.95
Prawn Marie-Rose, baby gem lettuce	£5.95
Minted Lamb, baby gem lettuce	£7.95

Salads

Grilled Chicken, coleslaw, baby leaves, sliced tomatoes, onions	£9.95
Crispy beef, sweet chilli glaze, baby leaves, sliced tomatoes, onions	£9.95

Lighter Meals

6oz GammonSteak, chips & peas	£9.95
6oz Sirloin Steak, chips & peas	£9.95
HoneyRoastHam, two fried eggs & chips	£9.95

Side Orders (all £2.95)

Chunky chips with sea salt
French fries with sea salt
Dressed house salad
Sweet potato fries
Creamy mashed potato
Seasonal vegetables

Starters

Potatas Bravas,crispy potatoes, spicy tomato sauce, gluten free dipping bread	£5.95
Chefs homemade soup,gluten free bread	£5.50
Creamy garlic mushrooms, gluten free bread	£5.95
Duck liver & apricot pate,house chutney, gluten free toasted bread	£6.35
Prawncocktail, juicy Icelandic prawns, homemade Marie-Rose sauce, baby gem lettuce, gluten free bread & butter	£6.95

Mains

Fish pie, salmon, cod, prawns & smoked haddock, mashed potato, mature cheddar & seasonal veg	£14.95
Pan fried Seabass, new potatoes, seasonal vegetables, chorizo & tomato sauce	£13.25
Squash cranberry & red onion tagine, roasted butternut squash, orange cinnamon, cranberries & sultanas, with couscous (Vegan)	£11.95
Oven baked Chicken breast, creamy garlic mushroom sauce, seasonal vegetables, new potatoes	£12.95
Slow roasted Lamb Shank, creamy mash, seasonal greens, red wine jus	£15.95

Alyn Sizzlers

*Our hot iron sizzling skillets are topped with sliced mixed peppers and onions.
All accompanied with chips, salad and coleslaw*

Teriyaki Steak £14.95	Minted Lamb £14.50	Cajun Halloumi £11.95
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Grill

12oz Gammon steak, fried egg, pineapple, chips & peas	£13.50
<i>All of the following steaks are served with grilled tomato, flat cap mushroom and chunky chips</i>	
The Alyn Mixed Grill, sirloin steak, chicken breast, gammon steak, pork chop, fried egg	£21.95
10oz RibEye, the steak with the most flavour - best served medium to get the taste from all the marbling	£19.95
10oz Sirloin Steak, a favourite of ours at the Alyn, a well flavoured lean meat	£18.95
8oz Fillet Steak, the leanest cut from the cow, best served medium rare but great for those who like it well done too	£22.95
Sauces (all £2.95) Peppercorn sauce, Red wine gravy, Blue cheese sauce	

Desserts

Warm chocolate fudge cake, vanilla pod ice cream, chocolate sauce	£5.50
3 scoops Chilly Cow dairy ice cream <i>Choose from: Vanilla pod, Chocolate, Strawberry, Honeycomb</i>	£4.95
Chocolate brownie, vanilla pod ice cream, chocolate sauce	£5.95
Alyn's Berry Mess, Chantilly cream, forest fruits, meringue, strawberry sauce	£4.95

(v) suitable for vegetarians. (n) ingredients contain nuts. Please note that other dishes may contain traces of nuts. All of our food is freshly prepared in a kitchen where nuts, gluten and other allergens are present. Please let us know if you have a special dietary requirement and we will endeavour to cater to your needs.

White

	175ml	Bottle
The Paddock Chardonnay, Australia	£4.25	£15.95
A tropical tour de france, with pineapple freshness matched by peach fruitiness that complements this wine's vanilla-scented oak.		
Operetto Gargenega Pinot Grigio, Italy	£4.50	£16.50
Delicacy is the order of the day here, delicate pear and almond flavours wrapped in a soft mouth-feel.		
Gable View Sauvignon Blanc, South Africa	£4.50	£16.50
Crisp and intense, ripe apple and pear flavours fill the mouth hile the crisp acidity of the Sauvignon grape quenches your thirst		
Chablis Domaine Jean Defaix, Chablis France		£34.95
A naughty clean classic Chablis that aches for fish or just some elegant drinking		
Mamaku Sauvignon Blanc, Marlborough NZ		£22.95
Gooseberries, passion fruit and an exotic tropical aroma leap from your glass in this delicious wine		
Domaine les Ronces Picpoud de Pinet France		£19.50
Picpoul' means the 'lip-stinger' because of the grape's refreshing zestiness, coupled with ripe fruit		
Cloudy Bay Sauvignon Blanc, Marlborough NZ		£39.95
Citrus, gooseberries and even a curranty fruit abound in this gorgeous wine from New Zealand. Possibly the most prestigious Sauvignon Blanc in the World.		
Le Coste Trebbiano di Romagna dal Nespoli, Italy		£17.95
This pear and almond-scented treat is from Italy's gastronomic heartland and beautifully versatile.		
Domingo Martin Albarino, Spain		£24.95
A taut steely core draped with layers of elegant fruit perhaps the world's greatest seafood wine.		

Sparkling

Tosti Prosecco DOC NV 20cl		£6
A small bottle of prosecco, just enough for two small glasses, or one very large one!		
Vitelli Prosecco, Italy		£19.95
Perfect Prosecco - soft, lively and tasty with pear, green apple and lemon flavours.		
Belstar Cuvee Rose, Italy		£26
Frothy, pear and almond Prosecco enriched with the strawberry and currant flavours of Pinot Noir.		
Vueve Delaroy Brut NV, Champagne		£34.95
Our house Champagne. A beautifully balanced wine with lovely fresh fruit and a brioche toastiness.		
Taittinger Brut Reserve, Champagne		£54.95
Top-notch Champagne from one of the best houses in the region - a very elegant way to celebrate anything you want.		

Red

	175ml	Bottle
Gable View Cabernet Sauvignon, South Africa	£4.25	£15.95
A beautifully precise and lively Cabernet with a core of blackcurrant and redcurrant vivacity running through it.		
San Abello Merlot, Chile	£4.50	£16.50
Merlot is an old French word for 'blackbird' because they love these sweet, soft, plummy grapes when they are ripen to make wines like this.		
The Old Press Shiraz, Australia	£4.50	£16.50
Dark, smooth and juicy, we love the blackberries in this wine mixed with a light, sun-ripened spice.		
Vivanco Rioja Crianza, Spain		£29.95
Elegance and suppleness in a glass, with bright and juicy cherry, currants and vanilla.		
Chateau Musar, Lebanon		£39.95
Chateau Musar is a uniquely different wine from the Bekaa Valley, produced by master winemaker Serge Hochar. Concentrated and rich with plums, liquorice and spice. Musar is a fabulously different wine.		
Fico Grande Sangiovese, Italy		£17.95
Delicious, easy-going Italian red made from the same grape used in Chianti - black cherries, plums and peppery spice.		
Little Eden Pinot Noir, Australia		£24.95
A wine that just wants to be delicious, from a small, family-run producer, dedicated to fresh, fruit styles of wine.		
El Colectivo Malbec, Argentina		£21.95
The ultimate, hearty South American steak wine, suitably rich and juicy with a firm finish.		
Lorosco Reserva Colchagua Carmenere, Chile		£19.50
Lightly spiced with a hint of leafy freshness this is a mid-weight and versatile red.		

Rose

	175ml	Bottle
La Maglia Rosa Pinot Grigio Blush, Italy	£4.50	£16.95
This wine is very easy-drinking with subtle red fruit flavours & a soft finish.		
The Bulletin Zinfandel Rose, USA	£4.50	£16.95
Notes of black cherry on the nose, with a palate chocked full of raspberry & watermelon fruit flavours. It's a juicy wine, yet light & refreshing on the finish.		
Chateau d'Astros Rose Cotes de Provence, France		£24.95
Elegant, unusually soft with modish flavours of pineapple, wild strawberries, and red berries.		