



GLUTEN FREE MENU

We aim to deliver table service inside, however feel free to order at the bar if you wish for tables outside, please make a note of your table number and place your order at the bar. Please ensure you tell a member of our team about any gluten intolerances

Starters

- Brandy & Herb Chicken Liver Pate house chutney, gluten free toast £6.50
- Prawn Cocktail Atlantic Prawns, Marie-Rose sauce, iceberg lettuce, gluten free bread £6.95
- Soup of the Day gluten free bread £5.50
- Creamy Garlic Mushrooms white wine cream sauce, gluten free toast £5.95
- Lentil & Mushroom Pate red onion marmalade, gluten free toast £5.95
- Grilled Sardines with rock salt parsley and tomato £6.50
- Baked Camembert dipping gluten free bread, house chutney £8.95

Main course

- Roast Salmon Dauphinoise potatoes and champagne cream, seasonal vegetables £13.95
- Slow Cooked Belly Pork Bubble and Squeak, seasonal vegetables £13.95
- Oven Baked Chicken Breast creamy garlic mushrooms, new potato and seasonal vegetables £12.95
- Keralan Cauliflower & Red Pepper Curry cooked cauliflower and sliced red pepper in a Keralan style coconut curry sauce £12.95
- Quorn Cottage Pie seasonal vegetables £12.95
- Slow Roasted Lamb Shank creamy mash, seasonal vegetables, red wine jus £15.95
- Fish Pie salmon, prawns and smoked haddock, mashed potato, mature cheddar served with seasonal vegetables £14.95
- 'Monster' Beer Battered Haddock chunky chips, mushy peas £13.50
- Honey Roast Ham fried egg, chunky chips £11.95
- 12 oz. Gammon Steak egg & pineapple, chips, & peas £13.50
- 10 oz. Rib Eye grilled tomato, flat mushroom, chips £19.95
- Sauces for steak: peppercorn, blue cheese or red wine jus £2.95

Chef Recommends

- Seafood Cassoulet Monkfish, Salmon, Trout, Scallops, Seabass, Sardines, Potatoes and Carrots in a tomato sauce served with crusty bread £17

Alyn Sizzlers

Our sizzling platters are served with baby leaf salad coleslaw and chips. Choose from:

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| Minted Lamb £14.50 | Cajun Halloumi £11.95 |
| Teriyaki Steak £14.95 | Sweet Chilli Tofu £11.95 |

Burgers

All served with coleslaw & chunky chips

- The Alyn Steak burger - 9oz patty topped with mature cheddar cheese & bacon £12.95
- The Vegan burger - Kale & Hemp burger, lettuce, tomato (v) £12.95
- £1.00 for extra topping - fried egg, pepper sauce, flat mushroom, onion rings, blue cheese, cheddar cheese, halloumi, bolognaise

Side orders

Dressed house Salad £2.95
Garlic Ciabatta £2.95
Cheesy Garlic Ciabatta £3.95

Seasonal Vegetables £2.95
Chunky Chips £2.95
French Fries £2.95
Sweet potato fries £3.25

Lighter meals

Honey Roast Ham fried egg & chips £8.95
6oz Sirloin steak chunky chips & garden peas £8.95
6oz Gammon steak fried egg, pineapple & chips £8.95
Alyn's Beer Battered Haddock with chips & mushy peas £9.95
Prawn Marie-Rose Salad Iceberg lettuce, tomatoes, cucumber £9.95

Sandwiches & Toasties

Our sandwiches come on gluten free bread with coleslaw & salad
Honey Roast Ham & Mature Cheddar toastie £5.50
Mature Cheddar & Tomato toastie £4.95
Cheesy Bolognese toastie £6.50
Sirloin steak sandwich, strips of steak with sliced mushrooms £8.50
Mature Cheddar & ham toastie £5.50
Minted sandwich £7.95

Desserts

Warm chocolate brownie, vanilla pod ice cream, chocolate sauce £5.50
Summer berry Eaton Mess with Chantilly cream £4.95
Chocolate Fudge Cake vanilla ice cream, chocolate sauce £5.95
3 Scoops of Welsh Chilli cow ice cream - vanilla, strawberry, chocolate or honeycomb £4.95

Or why not try one of delicious liquor coffees

Irish coffee, Bailey's coffee, English coffee (gin), calypso coffee, Jamaican coffee, Seville coffee
or your choice @ £6.95 each

Freakshakes - £4.95

The Chocolate One Double Chocolate milkshake, chocolate brownie pieces, chocolate fudge cake
The Fruity One Strawberry milkshake, mixed berries and meringue pieces

Hot drinks

Selection of teas - traditional English, earl grey, green or lemon £2.95
Espresso £2.25 Hot chocolate £2.95 Cappuccino £2.95
Mocha, £3.50 Latte, £2.95 Americano £2.95

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