

# THE SHIP INN

## GLUTEN FREE MENU

PLEASE TELL YOUR SERVER YOU ARE GLUTEN FREE WHEN ORDERING  
AS MOST OF THE DISHES ARE ON OUR NORMAL MENU

Soup of the day	£ 4.25
Chicken Liver pate with red onion marmalade & oatcakes	£ 4.95
Poached Mushrooms in a white wine & garlic cream sauce (v)	£ 3.95
Smoked Salmon & prawnmarie rose parcel	£ 5.95
Oven baked goats cheese with tomato &chilli jam	£ 4.95

### MAINS

8oz matured ribeye steak cooked to your liking, chef recommends medium rare	£ 18.95
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Flame grilled butterfly chicken	£ 11.50
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Both above dishes with a choice of sauce & 2 sides

Sides – seasoned chips – creamy mash potato – rocket salad – mushroom & tomato garni – seasonal vegetables

Sauce – Rosemary & sea salt – Garlic butter – cracked black pepper sauce

Smoked Haddock in a cheese sauce Served on a bed of mash with vegetables	£ 10.95
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Leg of Lamb Casserole In a redcurrant & rosemary gravy with creamy mash potato	£ 13.95
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Green Vegetable Pancake Seasonal green vegetables with garlic mushrooms In a crepe topped with cheese	£ 8.25
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Fish 'n' Chips Angel cut Haddock in a crispy gluten free batter with chips & homemade tartare sauce Add mushy peas £ 1	£ 10.95
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PASTAS– add gluten free garlic bread for £ 1

Penne arrabiata With olives & cherry tomatoes	£ 7.85 (v) add chicken £ 2.00
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Smoked Salmon penne White wine sauce with lemon & black pepper topped With pesto dressed rocket and parmesan(can also be made with chicken for £ 8.95)	£ 10.95
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SALADS(all salads are gluten free without croutons)

Warm Chicken & Chorizo	£ 9.50	Prawn Marie rose	£ 10.95
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### DESSERTS

Strawberry Sundae	£ 4.25
Vanilla ice cream, raspberry coulis, strawberries topped with fresh whipped cream.Please ask for extra available desserts	

We are constantly trying to update our gluten free options for our customers and your feedback is helpful in our pursuit