

Gluten free Winter Menu 2019

Welcome to the Swan Inn

If you have any dietary or allergy requirements staff will be happy to advise

Bread & Chips are all Gluten -Free

Starters

Soup of the Day, with bread roll £5.50

Avocado & Cherry Tomatoes Toasted Roll, avocado drizzled with balsamic vinegar £6.50

Fried Garlic Mushroom Toasted Roll with parsley £6.50

Warm Goats Cheese, creamed walnuts, sliced apple & Toasted Roll (Nuts) £6.50 Christmas

Baked Camembert Cheese, topped with cranberry & caramelised onion chutney & crusty rolls
(Good to Share as starter or main meal for one) £9.50

Wild Boar & Cognac Pate, toasted bread, salad garnish & pomegranates (Nuts) £6.50

Light Bites

Vegetarian Delight, (Bread) sliced avocado, red pepper, mango chutney, rocket, cherry tomatoes & cucumber, crisps £8.50

Jacket Potato choice of tuna, grated cheese, cole slaw, mixed salad £9.50

Grilled Mackerel Peppered Fillet, on toasted roll, salad garnish & coleslaw £7.00

Bacon, Cheese & Tomato roll Melt, salad garnish £6.50

Mains

8oz Sirloin Steak & Chips mushroom and red pepper sauce, grilled tomatoes, petit-pois £15.95

Grilled Haddock Fillet & Chips, with garden peas, grilled tomatoes & tartare sauce £13.95

Chicken Katsu Curry & Jasmine Rice, fried chicken breast in (Gluten Free breadcrumbs), mild & warming curry sauce £13.95

Wagyu Beef Burger, on a brioche bun with bacon & cheese served with chips £13.95

Roast Guinea Fowl, caramelised apple, calvados jus, mash, local seasonal vegetables £15.95

Vegetable Thai Red Curry, wholegrain rice coriander lime wedges £11.95

Moroccan Spiced Lamb Tagine, aromatic stew of meltingly tender meat, chickpeas, and dried fruit, fruity Couscous, pomegranate, yogurt & fresh mint £13.95

BBQ Baby Back Pork Ribs, tender ribs in a delicious BBQ sauce, coleslaw and chips £14.95

Local Cured Forest Marque Roasted Ham, free range eggs & chips £13.95

Sides

Crusty Bread	£3.50	Chips	£3.30		
Coleslaw	£2.20	New Potatoes	£3.30	Mixed salad	£3.50
Garlic Bread	£3.00	Peppercorn Sauce	£2.30	Olives	£2.50