



# Gluten Free

## Sandwiches

All served on white gluten free bread with dressed leaves and hand cooked crisps.

<b>Mature cheddar cheese</b>	<b>£7.00</b>
<b>North Atlantic prawns &amp; Marie Rose sauce</b>	<b>£7.50</b>
<b>Ham &amp; tomato</b>	<b>£7.00</b>
<b>Chicken, smoked bacon &amp; salad</b>	<b>£7.00</b>
<b>Upgrade to chips</b>	<b>£1.00</b>

## Lighter Bites

<b>Prawn and crayfish salad</b>	<b>£13.50</b>
<b>Ham salad</b>	<b>£12.50</b>
<b>Chicken &amp; bacon salad</b>	<b>£13.50</b>

All served with our house salad and new potatoes

## Mariner Classics

<b>Ham egg and chips</b>	<b>£10.50</b>
<b>Catch of the day</b>	<b>£13.50</b>
Grilled fish of the day served with garden peas and new potatoes	
<b>Veggie nachos</b>	<b>£12.00</b>
Topped with vegetable chilli, cheese and sour cream	
<b>Vegetable chilli and rice</b>	<b>£12.00</b>
<b>Cheese omelette with chips and salad</b>	<b>£10.50</b>

## From the grill

<b>8oz* Sirloin steak</b>	<b>£18.75</b>
With chips, garden peas, mushrooms and grilled tomato	
<b>10oz* Gammon steak</b>	<b>£16.50</b>
With garden peas, mushrooms, grilled tomato, chips and a choice of fried egg or pineapple	
<b>Mariners beef burger</b>	<b>£13.00</b>
8oz* beef burger with chips and salad	

Ask your server about our gluten free dessert choices