

GLUTEN FREE MENU

As our meals are freshly prepared, please do expect delays during busy periods.



Allergens and intolerances:

If you have any concerns please speak to a member of staff.

VAT and service charge:

All prices include VAT at current rate. No charge is made for service.

SANDWICHES

All served on gluten free bread with salad leaves and hand cooked crisps

Ham & Tomato	£9.00
Cheese & Pickle	£9.00
Prawns & Marie Rose Sauce	£9.25
Chicken, Bacon & Mayonnaise	£9.00
Local Butchers Sausage & Red Onion Marmalade	£9.00
Upgrade to Chips	£1.75

LIGHTER BITES

Prawn and Crayfish salad North Atlantic prawns and crayfish tails, with house salad, Marie rose sauce and new potatoes	£16.50
Buffalo Chicken Wings With chips, house salad, home made coleslaw and sour cream	£12.50
Garlic King Prawns With house salad, new potatoes, lemon and a roll	£16.00
Chilli Nachos Topped with beef chilli, cheese, guacamole and sour cream.	£14.50
Loaded Chips A bowl of chips topped with: <ul style="list-style-type: none">• Chilli beef and cheese• Salsa, jalapenos and cheese (V)• BBQ pulled pork and cheese	£8.50

FROM THE SEA

Grilled Fish With chips, garden peas and tartare sauce	£16.00
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MARINER CLASSICS

Manhattan Chicken Chicken breast topped with bacon, BBQ sauce and Cheddar cheese served with chips and salad garnish	£16.00
Chilli Con Carne Homemade chilli topped with cheese served on a bed of steamed long grain rice and tortillas	£15.00
Vegan Curry Served with steamed long grain rice and poppadum's	£14.75

FROM THE GRILL

8oz* Sirloin Steak With chips, garden peas, mushrooms and grilled tomato	£22.00
10oz* Gammon Steak With chips, garden peas, mushrooms and grilled tomato, chips and a choice of fried egg or pineapple	£19.00
Add peppercorn sauce	£3.50
6oz* Local Butcher's Beef Burger Served in a gluten free bun with chips, salad and coleslaw	£14.50
Double up	£3.00
BBQ Chicken & Bacon Burger Topped with cheese and served in a gluten free bun with chips, salad and coleslaw	£16.00

*Approximate uncooked weight

DESSERT

Caramel Chocolate Brownie (VG) Served with vegan ice cream	£7.50
Hot Chocolate Cheesecake With fresh cream	£7.50

Menu may change due to availability and timely deliveries of ingredients