

GLUTEN FREE MENU

AVAILABLE ALL DAY
EVERY MONDAY
AND TUESDAY

GF FISH

GF MEDIUM COD	£5.75
GF LARGE COD	£6.60
GF KIDS COD MEAL	£4.30
GF PLAICE	£5.75
GF MEDIUM HADDOCK	£5.75
GF LARGE HADDOCK	£6.70

GF CHIPS

GF REG CHIPS	£2.20
GF LARGE CHIPS	£3.00

GF SAUSAGES

GF BATTERED SAUSAGE	£2.05
GF PLAIN SAUSAGE	£2.05

GF SIDES

GF CURRY SAUCE	£1.85
MUSHY PEAS	£1.75
PICKLED ONION	£0.60
GHERKIN	£0.75

All our Gluten Free products are cooked in a dedicated frying pan, separate from our standard products. Only Gluten Free products are cooked in this fryer on our Gluten Free Days.

We use the same oil to fry our Gluten Free Cod, Plaice, Haddock, Battered Sausages, Plain Sausages and Chips. This means any product fried in that oil may contain traces of Fish (Cod, Plaice, or Haddock), Soya or Sulphites.

GF COD Ingredients: Cod, Ground White Rice, Gluten Free Batter Mix (Rice Flour, Potato Starch, Tapioca Flour, Maize Flour, Buckwheat Flour, Gram Flour, Raising Agents (Sodium Bicarbonate, Mono Calcium Phosphate, Salt), Palm Oil

Allergens: Fish (Cod). May contain traces of Plaice, Haddock, Soya and Sulphite.

GF PLAICE Ingredients: Plaice, Ground White Rice, Gluten Free Batter Mix (Rice Flour, Potato Starch, Tapioca Flour, Maize Flour, Buckwheat Flour, Gram Flour, Raising Agents (Sodium Bicarbonate, Mono Calcium Phosphate, Salt), Palm Oil

Allergens: Fish (Plaice). May contain traces of Cod, Haddock, Soya and Sulphite.

GF HADDOCK Ingredients: Haddock, Ground White Rice, Gluten Free Batter Mix (Rice Flour, Potato Starch, Tapioca Flour, Maize Flour, Buckwheat Flour, Gram Flour, Raising Agents (Sodium Bicarbonate, Mono Calcium Phosphate, Salt), Palm Oil

Allergens: Fish (Haddock). May contain traces of Cod, Plaice, Soya and Sulphite.

GF CHIPS Ingredients: Potatoes, Palm Oil

Allergens: May contain traces of Fish (Cod, Plaice, Haddock), Soya and Sulphites.

GF BATTERED SAUSAGE Ingredients: Pork (50%), Water, Crumb (Rice Flour, Dehydrated Potato, Salt, Emulsifier E471, Dextrose), Isolated Soya Protein, Potato Starch, Salt, Pork Fat, Pork Rind, Flavour Enhancer (E621), Stabilisers (E450 (i), E450 (iii)), Dextrose, Potato Fibre, Sugar, Preservative (E223), Spice Extracts (Black Pepper, Cayenne, Coriander, Ginger, Mace, Nutmeg), Sunflower Oil, Gluten Free Batter Mix (Rice Flour, Potato Starch, Tapioca Flour, Maize Flour, Buckwheat Flour, Gram Flour, Raising Agents (Sodium Bicarbonate, Mono Calcium Phosphate, Salt), Palm Oil

Allergens: Soya, Sulphite. May contain traces of Fish (Cod, Plaice, Haddock)

GF PLAIN SAUSAGE Ingredients: Pork (50%), Water, Crumb (Rice Flour, Dehydrated Potato, Salt, Emulsifier E471, Dextrose), Isolated Soya Protein, Potato Starch, Salt, Pork Fat, Pork Rind, Flavour Enhancer (E621), Stabilisers (E450 (i), E450 (iii)), Dextrose, Potato Fibre, Sugar, Preservative (E223), Spice Extracts (Black Pepper, Cayenne, Coriander, Ginger, Mace, Nutmeg), Sunflower Oil.

Allergens: Soya, Sulphite. May contain traces of Fish (Cod, Plaice, Haddock)

GF CURRY SAUCE Ingredients: Sugar, Palm Oil, Modified Maize Starch, Salt, Maltodextrin, Rice Flour, Tomato Powder, Flavour Enhancer (E621), Ground Coriander, Flavouring, Onion Powder, Ground Ginger, Chilli Powder, Ground Cumin, Ground Turmeric, Rapeseed Oil, Garlic Powder, Ground Fenugreek, Citric Acid, Ground Cinnamon, Flavour Enhancer (E635), Black Pepper, Colour (Caramel Powder), Flavouring (Celery)

Allergens: Celery

MUSHY PEAS Ingredients: Processed peas 95%, water, sugar, salt, colours E101 E133

Allergens: None

PICKLED ONION Ingredients: Water, Onions, Acetic Acid, Lactic Acid, Salt, Spices, Caramel, Preservative (E223)

Allergens: Sulphites

GHERKIN Ingredients: Gherkins, Water, Spirit Vinegar, Spices, Salt, Artificial Sweetener (saccharine 5mg per 100g) Mustard Seed

Allergens: Mustard