

Summer Menu 2018 – Gluten Free Menu

When Ordering Please Specify Gluten Free

Lancashire Tapas

Locally Grown Beetroot Hummus, Gluten Free Bread £4 (V)

Causeway Cauliflower Bhaji, Soya Yoghurt Raita (Vegan) £4

Jerk Style Goosnargh Chicken Wings, Dressed Leaf, £4

Butternut Squash and Sage Aranchini, Basil Pesto (V) £4

Salmon, Dill and Lemon Pate, Gluten Free Bread £4

Starters

Pan Fried Squid, Pickled Vegetables, Salsa Verde, Crispy Capers, Lemon Aioli £7

Homemade Chicken Liver Parfait, Parsley Butter, Toasted Gluten Free Bread, Homemade Chutney £6.50

Sauteed Smithy Mushrooms, Tarragon, Garlic and White Wine Cream Sauce, Toasted Gluten Free Bread, Crispy Tarragon £6.50 (V)

Super Food Salad: White Haricot Beans, Sugar Snaps, Toasted Grains, Giant Couscous, Pomegranate Flaked Almonds, Chilli and Lime Dressing £6.50 (Vegan)

Homemade Soup of The Day, Served with Gluten Free Bread (V) £5

House Salad, Local Leaf, Chopped Salad, Fresh Tomato, Toasted Grains, Olives, House Dressing (V) £5.50

Summer Salad, Local Leaf, Mediterranean Vegetables, Toasted Pumpkin Seeds, Pesto Dressing (Vegan) £6

Main Course

Pan-Roasted Goosnargh Chicken Breast, Carrot Puree, Confit Garlic Fondant Potato, Sauteed Summer Greens, White Wine and Tarragon Cream Sauce £15.50

Grilled Haddock Fillet, Twice Cooked Chunky Chips, Mushy Peas, Tartar Sauce £12

Pan-Roasted Salmon Fillet, Sauteed Potatoes, Aromatic Vegetables, Sesame and Soy Reduction, Pan fried Squid, Fresh Chilli and Corriander £16

Taste of Pork; Confit Belly Pork, Garlic and Thyme Pork Loin, Apple Puree, Sage Creamed Potatoes, Crackling, Red Wine Jus £16

Clarkson's Butchers Gammon Steak; Dry Cured Gammon Steak, Fried Hen's Egg, Peppered Roasted Tomato, Roasted Pineapple, Choice of Potato, Seasonal Vegetables £12

Scott's of Ormskirk 28 Day Matured Rump Steak, Served with Thyme and Garlic Roasted Field Mushroom and Tomato, Choice of Potato 6oz £13.50 10oz £17.50

Keep it Simple- Chicken Breast, Haddock or Salmon Fillet; Simply Seasoned and Grilled, Served with Seasonal Vegetables or Dressed Salad and Choice of Potato £13

Red Lentil, Butternut Squash, Sweet Potato, and Spinach Dahl, Spiced and Roasted Cauliflower, Baby Herbs £11 (Vegan)

Aromatic Vegetable Ramen, Vegetable Broth, Spring Onion, Chilli, Ginger, Julienne Vegetables, Rice Noodles, Fresh Corriander £11 (Vegan)

Courgette and Pea Risotto, Cream, Parmesan, Crispy Basil £10 (V)

House Salad, Local Leaf, Chopped Salad, Fresh Tomato, Toasted Grains, Olives, House Dressing (V) £9.50

Summer Salad, Local Leaf, Mediterranean Vegetables, Toasted Pumpkin Seeds, Pesto Dressing (Vegan) £9.50

Super Food Salad: White Haricot Beans, Sugar Snaps, Toasted Grains, Giant Couscous, Pomegranate Flaked Almonds, Chilli and Lime Dressing £9.50 (Vegan)

Add Chicken Strips £3, Salmon Fillet £4.50 or Pan Fried Squid £3.50 to your Vegetarian or Salad Meal

Sides

Skin on Fries £2.75

Twice Cooked Chunky Chips £3

Garlic Fries with Parmesan £4

Cheddar Creamed Potatoes £3

Roasted Sweet Potato Jacket with Garlic Butter £3

Roasted Mediterranean Vegetables with Feta and Pesto £3.50

House Dressed Mixed Local Leaf Salad £3.50

Seasonal Vegetables £2.50

Omelettes (Available 12-6 Monday-Saturday)

Roasted Mediterranean Vegetable, Feta Cheese and Pesto Omelette, House Dressed Salad (V) £7

Smoked Bacon, Brie and Caramelised Onion Omelette, House Dressed Salad £7

Salmon and Spinach Omelette, House Dressed Salad £8

Smithy Mushroom and Lancashire Cheese Omelette, House Dressed salad (V) £6.50

Desserts

Pineapple and Coconut Cheesecake, Coconut Cream Cheese, Mango and Pineapple Compote, Peanut Butter Crumble base, Pineapple Crisp £6

Apple Crumble; Stewed Apples and Summer Fruits, Peanut Butter Crumble Topping, Raspberry Soya Yoghurt £6 (Vegan)

Mrs Dowson's Sorbet of the Day, Summer Berries, Berry Coulis £5

Mrs Dowson's Ice Cream, Choose from Strawberry, Chocolate and Vanilla,

1 Scoop: £2.50. 2 Scoops: £3.50. 3 Scoops: £4.