

Gluten Free Menu



Starters

Soup of the Day <i>served with gluten free bread and butter</i>	£5.50
Smoked Haddock Fish Cakes <i>smoked Haddock, spring onions and potato in crispy coated gf breadcrumbs served on a bed of chopped salad</i>	£7.50
Garlic Mushrooms (v) <i>mushrooms in a rich cream and garlic sauce, served with gf bread</i>	£6.50
Potato Skins (v) <i>served with a garlic dip and salad garnish</i>	£5.50
Rack BBQ Ribs <i>half rack of pork ribs in a rich BBQ sauce</i>	£7.50

Mains

Cumberland Sausage Curl <i>served with mashed potato, seasonal vegetables and gravy</i>	£14.95
Cod and Chips <i>fillet of cod in homemade batter, served with chips and mushy peas, tartar sauce and lemon slice add gluten free bread and butter for an extra £1.50</i>	£16.95
Penang Curry (ve) (v) <i>a vegan, gluten free curry, made with coconut sauce, cauliflower green beans, mangetout and peppers, served with boiled rice (add a portion of chips for 1, for £ 3.95)</i>	£14.50
Rump Steak 10oz <i>cooked to your liking, served with homemade chips, mushrooms, tomato, garden peas and homemade battered onion rings add a peppercorn sauce for £2.50*</i>	£22.95
Gammon Steak 10oz <i>served with homemade chips, mushrooms, battered onion rings, garden peas, a pineapple ring and a fried egg</i>	£17.95
Cross Keys Homemade Beef Burger <i>served in a gluten free bun, topped with cheddar or blue cheese, bacon, lettuce, and tomato, served with homemade chips, battered onion rings, coleslaw and relish</i>	£16.50

*Our peppercorn sauce does not include wheat but is prepared in our kitchen that uses wheat.

Sides

Homemade Chips (for 1 person) (ve) (v)	£3.95
Side Salad (ve) (v)	£2.50
Coleslaw (v)	£1.75
Bread and Butter (v)	£2.50
Naan Bread (v)	£2.50

Desserts

Sticky Toffee Sponge Pudding

 £6.95

a sponge pudding with a rich sticky toffee sauce, with sticky syrup sauce served with cream, custard or vanilla ice-cream

Homemade Rice Pudding

 £5.95

rich and creamy traditional rice pudding

Mango and Passion Fruit Cheesecake

 £7.25

a mixture of cheesecake and ice cream with a smooth vanilla layer of gluten free crunch base, topped with mango and passion fruit sauce and pieces of mango

Golden Syrup Sponge Pudding

 £6.95

a melt in the mouth light and fluffy traditional syrup sponge served with cream, custard or vanilla ice-cream

Belgian Chocolate Brownie

 £7.25

an indulgent smooth gluten free fudge brownie served warm, can be served with cream, custard or vanilla ice-cream

Raspberry Pavlova

 £7.25

raspberry ice-cream with fruit pieces piped on a meringue base coupled with a raspberry puree and vanilla ices crowned with light, crunchy meringue base served with cream

English Lakes Dairy Ice Cream

 £1.50
per scoop

choose from: vanilla, death by chocolate, or mint chocolate chip topped with raspberry or chocolate sauce and sprinkles

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You should always advise your server of any special dietary requirements, including intolerances and allergies. Where possible, our trained staff will advise you on alternative dishes. However, while we do our best to reduce the risk of cross-contamination in our restaurants, we CANNOT guarantee that any of our dishes are free from allergens and therefore cannot accept any liability in this respect. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.

The information provided on our website and in our restaurant should NOT be considered as any form of guarantee but as a best faith effort to provide you with information on our dishes. You should use this information to help you assess your own level of risk, based on your personal circumstances, before eating any of our dishes.

v – vegetarian ve – vegan