

# VINTAGE INNS

## NO GLUTEN CONTAINING INGREDIENTS (NGCI) MENU

Dishes on this menu are made with ingredients that do not intentionally contain gluten. However, due to the risk of cross-contamination from a range of ingredients within our kitchens, traces of gluten may be present. Please ensure a member of the team is aware that you are ordering from our NGCI Menu. Please note this menu is not suitable for Coeliacs.

### WHILST YOU DECIDE

**Mixed Olives (VE)** marinated with garlic & red pepper 239kcal / 3.75

**Mini Chorizo Sausages\*** in a balsamic glaze, with garlic dip 710kcal / 5.50

**Padron Peppers (VE)** seasoned with sea salt 63kcal / 3.95

### STARTERS

**Chicken Liver, Apple & Cider Brandy Pâté\*** smooth pâté served with hedgerow chutney and a bread roll 371kcal / 7.95

**Garden Pea Falafel (VE)** flavoured with lemon & parsley, served on a bed of hummus & grains 403kcal / 7.75

**Signature King Prawn Cocktail\*** juicy king prawns in a bloody mary Marie Rose sauce, served with lettuce, tomatoes and a bread roll 501kcal / 8.25

**Creamy Garlic Oven-Baked Mushrooms (V)** served in a mature Cheddar cheese sauce, with a bread roll 388kcal / 7.25

**Camembert Fritters (V)** served with an apple & caramelised onion chutney 399kcal / 7.25

**Scallop, King Prawn & Crab Coquille** baked in a Cheddar, mozzarella & garlic sauce, topped with herb mash and served with a bread roll 432kcal / 11.25

**Today's Soup (V)** served with a warm bread roll 405kcal / 6.75 *Vegan option available*

### MAINS

**Grilled Hunter's Chicken** topped with a BBQ & tomato sauce, crispy bacon and melted mature Cheddar, served with triple-cooked chunky chips 967kcal / 17.25

**Seared Fillets of Sea Bass\*** with crispy baby potatoes, broad beans, peas & Tenderstem® broccoli and a creamy white wine & king prawn sauce 757kcal / 20.50

**Katsu Grilled Chicken Rice Bowl\*** grilled chicken served with katsu curry sauce, sticky rice, chargrilled Tenderstem® broccoli and pickled slaw 602kcal / 18.75 *Vegan option available - swap your chicken for crispy sweet potato fritters 654kcal*

**Fish & Chips** freshly battered haddock with triple-cooked chips, mushy peas and tartare sauce 1006kcal / 17.25

**Grilled Bacon Chop** served with a free-range fried egg, grilled fresh pineapple, triple-cooked chips and peas 795kcal / 15.95

**Salmon Fishcakes\*** crispy fishcakes seasoned with pink peppercorns, served on crushed baby potatoes, with Tenderstem® broccoli and a brown shrimp hollandaise 809kcal / 16.75

**Greens & Grains Salad (VE)** roasted red peppers, lentils, buckwheat and quinoa, tossed in a zesty pineapple & ginger dressing, served on a bed of mixed leaves and topped with pomegranate seeds 251kcal / 14.50

**Finish with:** Sweet Potato Fritters (VE) 285kcal / 3.00 • Grilled Halloumi (V) 415kcal / 3.00 • Chargrilled Chicken Breast 232kcal / 3.00 • Sea Bass Fillets 377kcal / 4.00 • Crispy Duck 196kcal / 3.00

### STEAKS

*Expertly aged for superb flavour and tenderness, served with triple-cooked chips, a roasted plum tomato and your choice of steak sauce - Béarnaise\* 123kcal or Beef Dripping 123kcal*

**10oz Rib-Eye** 981kcal / 25.50 **8oz Sirloin** 935kcal / 22.25

### SIDES

**Halloumi Fries (V)** with chipotle chilli relish 545kcal / 4.50

**Belgian Fries (V)** with garlic mayo & cajun seasoning 685kcal / 3.50

**Triple-Cooked Chips (VE)** 348kcal / 3.50

**Baby Potatoes (VE)** 214kcal / 3.25

**Rocket, Tenderstem & Pink Onion Salad\* (VE)** 74kcal / 3.95

**Dressed Side Salad (VE)** 39kcal / 3.50

**Seasonal Greens (VE)** 82kcal / 3.50

## PUDDINGS

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**Allotment Fruit Crumble (V)** with creamy custard 654kcal / 8.25  
*Vegan option available*

**Mango & Passion Fruit Eton Mess (V)** crisp meringue with  
whipped cream, tropical mango, passionfruit coulis and white chocolate  
chunks 649kcal / 7.95

**Baked Vanilla Cheesecake (V)** served with a rich berry coulis and  
fresh cream 838kcal / 8.25

**Trio of Ice Cream & Sorbet (V)** Choose three scoops / 6.25

**Ice Cream:** Honeycomb (V) 254kcal, Vanilla (V) 222kcal, Double  
Chocolate (V) 285kcal

**Sorbet:** Orange (V) 137kcal, Raspberry (VE) 121kcal, Coconut Milk  
(VE) 221kcal

All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, or need help accessing our allergen information, please let us know before ordering.

(V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server: Weights stated are approximate uncooked weights. \* = this dish contains alcohol. Our fish has been carefully filleted however some small bones may remain. All calories are correct at time of menu print, live nutrition information is available online. All items are subject to availability. Adults need around 2000kcal a day. We are proud to be part of the Vintage Inns family; for details of our country pubs in the collection please visit [vintageinns.co.uk](http://vintageinns.co.uk).

Please note that for tables of 8 or more a discretionary service charge of 10% will be added to your bill.