

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 / 5.25

Padron Peppers (VE) seasoned with sea salt 63kcal / 4.50

STARTERS

Chicken Liver, Apple & Cider Brandy Pâté* smooth pâté served with hedgerow chutney and a bread roll 371kcal / 8.50

Devon Crab Cake* served with chilli lemon mayo and a lovage pesto dressing 269kcal / 8.50

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

Garden Pea Falafel (VE) flavoured with lemon & parsley, served on a bed of hummus & grains 420kcal / 7.95

Scallop, King Prawn & Crab Coquille (VE) baked in a Cheddar, mozzarella & garlic sauce, topped with herb mash and served with a bread roll 432kcal / 11.75

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

Tandoori Chicken Skewer* served with pickled vegetables and a yogurt & cucumber sauce 236kcal / 8.75

MAINS

Katsu Grilled Chicken Rice Bowl* grilled chicken served with katsu curry sauce, sticky rice, chargrilled Tenderstem® broccoli and pickled slaw 602kcal / 20.25 **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 / 17.50

Seared Fillets of Sea Bass* with crispy baby potatoes, broad beans, peas & Tenderstem® broccoli and a creamy white wine & king prawn sauce 757kcal / 21.25

Grilled Bacon Chop served with a free-range fried egg, grilled fresh pineapple, triple-cooked chips and peas 795kcal / 16.50

Salmon Fishcakes* crispy fishcakes seasoned with pink peppercorns, served on crushed baby potatoes, with Tenderstem® broccoli and a brown shrimp hollandaise 809kcal / 15.95

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 / 14.75

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

7oz Fillet 619kcal / 30.25 **10oz Rib-Eye** 981kcal / 27.25

SIGNATURE SKEWERS

Step 1 CHOOSE A SKEWER:

Moroccan-Spiced Chicken Breast marinated in aromatic spices 420kcal / 18.50

Garlic King Prawns a selection of succulent garlic king prawns 310kcal / 18.75

Grilled Halloumi & Aubergine (V) marinated in hot honey, topped with pomegranate seeds 708kcal / 17.95

Tender Lamb Rump flavoured with wild garlic 690kcal / 18.25

GO BIG add a second skewer for £8.95

Step 2 CHOOSE A SIDE:

Feta Salad & Bread Roll (V) vibrant salad of roasted red peppers, greens, grains, feta & pomegranate, with yoghurt dip and a bread roll 340kcal

Hummus & Bread Roll with tzatziki and roasted veg & grains in a lemon & balsamic dressing, topped with pomegranate seeds 610kcal

Slaw & Triple-Cooked Chips (V) with sweet chili mayo and a pineapple & mango salsa in a lemongrass dressing 593kcal

SIDES

Halloumi Fries (V) with chipotle chilli relish 545kcal / 4.25

Belgian Fries (V) with garlic mayo & cajun seasoning 685kcal / 4.25

Triple-Cooked Chips (VE) 348kcal / 4.25

Baby Potatoes (VE) 214kcal / 3.95

Rocket, Tenderstem & Pink Onion Salad* (VE) 74kcal / 4.25

Dressed Side Salad (VE) 39kcal / 3.25

Seasonal Greens (VE) 82kcal / 2.95

PUDDINGS

Allotment Fruit Crumble (V) with creamy custard 654kcal / 7.95

Vegan option available

Mango & Passion Fruit Pavlova (V) meringue cloud topped with whipped cream, tropical mango, passion fruit coulis and white chocolate chunks 775kcal / 8.50

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 / 5.95

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.

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