

## GLUTEN FREE MENU

### STARTERS/NIBBLES

<b>Bowl of marinated olives</b>	<b>3.95 (v)</b>
<b>Bowl of Nachos (v)</b> <b>Topped with salsa, jalapenos, melted mozzarella,</b> <b>Served with sour cream</b>	<b>4.95/ 8.50</b>
<b>Soup of the Day</b> <b>Served with warm g/f roll</b>	<b>4.95</b>
<b>Tomato, red onion salsa on toasted g/f bread</b> <b>With melted mozzarella</b>	<b>5.95 (v)</b>
<b>Hot &amp; Spicy Chicken Wings</b> <b>Served with sour cream dip</b>	<b>5.95</b>
<b>Creamy garlic mushrooms</b> <b>Served on toasted g/f bread</b>	<b>5.95 (v)</b>
<b>Homemade Chicken Liver Pate</b> <b>Served with red onion chutney &amp; warm g/f granary toast</b>	<b>6.50</b>
<b>SMOKED SALMON &amp; PRAWN COCKTAIL</b> <b>Served with dill crème fraich &amp; g/f brown bread</b>	<b>7.95</b>

### **SANDWICHES / JACKET POTATOES AS PER MAIN MENU**

## MAIN COURSES

<b>Homecooked Ham (served cold), Two Free Range Eggs &amp; Hand Cut Chips with garden peas</b>	<b>9.95</b>
<b>Lancashire Ploughmans Lancashire cheese with home cooked ham, pickles, pork pie, salad, coleslaw, apple &amp; g/f crusty roll</b>	<b>10.95</b>
<b>Spicy Five Bean Chilli Con Carne Served with steamed basmati rice , nachos &amp; sour cream</b>	<b>11.95 (v)</b>
<b>Char-Grilled 8oz Steak Burger Topped with Monty Jack cheese, smoked bacon &amp; g/f onion rings Served with hand cut chips &amp; coleslaw</b>	<b>12.95</b>
<b>Beer Battered Fillet of North Sea Cod Cod fillet in g/f batter with hand cut chips &amp; mushy peas</b>	<b>12.95</b>
<b>Hunters Chicken Chicken fillet smothered in BBQ sauce, topped with bacon &amp; melted cheese Served with choice of potatoes, &amp; salad or market vegetables</b>	<b>13.95</b>
<b>Char Grilled Cajun Spiced Tuna Steak Served with new potatoes, crisp salad, lime &amp; chilli mayonnaise</b>	<b>14.95</b>
<b>8oz Char Grilled Rump Steak Served with hand cut chips, grilled tomato, mushrooms &amp; garden peas</b>	<b>15.95</b>
<b>Owd Betts Massive Mixed Grill With rump steak, lamb chop, pork steak, chicken breast sausage, black pudding, gammon, fried egg, g/f onion rings grilled tomato, mushrooms &amp; choice of potatoes "Youd Better be Hungry!!!"</b>	<b>18.95</b>

**DESSERTS**

**Alabama Chocolate Fudge Cake**  
**Served with cream, custard or ice cream**

**Carrot Cake**  
**Served with cream, custard or ice cream**

**All Deserts £5.95**