



# The Arrow Mill

## Gluten Free Menu

~ Tuesday 21st September 2021 ~

### Starters and Nibbles

- Roast plum tomato and Tuscan bean soup with bread and butter 5.95  
Chicken liver pâté, carrot and apricot chutney, GF seeded toast 6.95  
Seared scallops celeriac purée, brown shrimps with nut brown butter 12.95  
Crispy feta arancini sun-blushed tomato sauce, pine nut salad (vg) 6.95  
Smoked mackerel rillette with fennel and radish salad accompanied with seeded brown toast 7.95  
Slow roasted Asian duck salad, watermelon, coriander, roasted cashew nuts 8.95
- Balti king prawns with lime and mint yoghurt 6.95  
Warm chorizo sausage, roquito peppers 5.95  
Watermelon, feta cheese, mint, toasted seeds 4.95
- Nocellara olives (vg) 3.95  
Halloumi fries, tomato salsa 5.95

### Mains

- Deep fried cod in beer batter, chips, mushy peas, tartare sauce 14.95/10.95  
Braised shoulder of lamb with Dauphinoise potatoes and rosemary gravy 18.95  
Buttercross farm pork, honey and mustard sausages, buttered mash potatoes, onion gravy 13.95  
Crispy beef salad, sweet chilli sauce, roasted cashew nuts 13.95  
Smoked haddock and salmon fishcakes lemon, dill hollandaise and poached egg 13.95/10.95  
Chicken, ham and leek pie buttered mash potatoes, greens, white wine and tarragon sauce 14.95  
Mushroom bourguignon pie, red wine gravy, sautéed greens (vg) 13.95

### Sides

- Chunky chips 3.75  
Fries 3.75
- Buttered vegetables 3.95  
Beer battered onion rings 3.95
- Peppercorn sauce 2.50  
Minted buttered new potatoes 3.95

### Childrens Menu

- Fish fingers, chips and peas 6.95  
Tomato and basil pasta, cheese 5.95  
5oz rump steak, fries, peas 8.95
- Triple chocolate brownie, vanilla ice cream 3.95  
Sticky toffee pudding, vanilla ice cream 3.95

We are happy to provide allergen guidelines for all our menu items, for more detailed information or our gluten free menu please speak to a member of the team. We take additional measures when told about allergens but as our food is prepared and freshly cooked to order in our kitchen, we cannot guarantee all traces of allergens and gluten are completely removed. Please ask for our gluten free menu.



## Puddings

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**Triple chocolate brownie**, chocolate sauce, vanilla ice cream 6.95

**Sticky toffee pudding**, toffee sauce, vanilla ice cream 6.95

**Toffee and pecan meringue roulade**, salted caramel ice cream 6.50

**Baked vanilla cheesecake**, summer fruits, peach purée 6.95

## Coffees and Hot Drinks

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**Cafetiere of coffee** 2.95

**Cappuccino** 2.95

**Latte** 2.95

**Flat white** 2.95

**Americano** 2.95

**Double Espresso** 3.45

**Selection of tea** 2.70

**Hot chocolate** 2.95

## Hot Drink with a Small Pudding

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**Triple chocolate brownie**, vanilla ice cream 6.95

**Sticky toffee pudding**, vanilla ice cream 6.95

# The Arrow Mill

## Gluten Free Menu

With Allergen Information

~ Tuesday 21st September 2021 ~

If you are reading our allergen menu you will probably have an allergy or sensitivity to a particular ingredient. Can you please make this clear when ordering food so that we can ensure that the chefs are aware.

Where certain allergens are highlighted the allergen may relate to just one component of the dish, such as bread served with soup for instance, which may easily be substituted or removed. For more information please ask one of our crew.

### Starters and Nibbles

**Roast plum tomato and Tuscan bean soup** with bread and butter £5.95

*Contains: Egg, Milk, Celery*

**Chicken liver pâté**, carrot and apricot chutney, GF seeded toast £6.95

*Contains: Egg, Milk, Sulphur Dioxide*

**Seared scallops** celeriac purée, brown shrimps with nut brown butter £12.95

*Contains: Crustaceans, Molluscs, Milk, Celery*

**Crispy feta arancini** sun-blushed tomato sauce, pine nut salad (vg) £6.95

*Contains: Celery, Sulphur Dioxide*

**Smoked mackerel rilette** with fennel and radish salad accompanied with seeded brown toast £7.95

*Contains: Egg, Fish, Milk, Mustard, Sulphur Dioxide*

**Slow roasted Asian duck salad**, watermelon, coriander, roasted cashew nuts £8.95

*Contains: Fish, Nuts, Soya*

**Balti king prawns with lime and mint yoghurt** £6.95

*Contains: Crustaceans, Milk, Mustard*

**Warm chorizo sausage**, roquito peppers £5.95

*Contains: Soya, Milk*

**Watermelon, feta cheese**, mint, toasted seeds £4.95

*Contains: Milk*

**Nocellara olives (vg)** £3.95

**Halloumi fries, tomato salsa** £5.95

*Contains: Milk*

### Mains

**Deep fried cod in beer batter**, chips, mushy peas, tartare sauce £14.95

*Contains: Egg, Fish, Sulphur Dioxide*

**Braised shoulder of lamb** with Dauphinoise potatoes and rosemary gravy £18.95

*Contains: Milk, Celery, Sulphur Dioxide*

**Buttercross farm pork, honey and mustard sausages**, buttered mash potatoes, onion gravy £13.95

*Contains: Milk, Celery, Mustard, Sulphur Dioxide*

**Crispy beef salad**, sweet chilli sauce, roasted cashew nuts £13.95

*Contains: Nuts, Soya, Celery*

**Smoked haddock and salmon fishcakes** lemon, dill hollandaise and poached egg £13.95

*Contains: Egg, Fish, Milk, Mustard, Sulphur Dioxide*

**Chicken, ham and leek pie** buttered mash potatoes, greens, white wine and tarragon sauce £14.95

*Contains: Egg, Milk, Celery, Sulphur Dioxide*

**Mushroom bourguignon pie**, red wine gravy, sautéed greens (vg) £13.95

*Contains: Celery, Sulphur Dioxide*

## Sides

Chunky chips £3.75

Fries £3.75

Buttered vegetables £3.95

*Contains: Milk, Sulphur Dioxide*

Beer battered onion rings £3.95

Peppercorn sauce £2.50

*Contains: Milk, Celery, Mustard, Sulphur Dioxide*

Minted buttered new potatoes £3.95

*Contains: Milk*

## Childrens Menu

**Fish fingers**, chips and peas £6.95

*Contains: Egg, Fish, Milk*

**Tomato and basil pasta**, cheese £5.95

*Contains: Milk*

**5oz rump steak**, fries, peas £8.95

*Contains: Celery, Sulphur Dioxide*

**Triple chocolate brownie, vanilla ice cream** £3.95

*Contains: Egg, Soya, Milk*

**Sticky toffee pudding, vanilla ice cream** £3.95

*Contains: Egg, Milk*

## Puddings

**Triple chocolate brownie**, chocolate sauce, vanilla ice cream £6.95

*Contains: Egg, Soya, Milk*

**Sticky toffee pudding**, toffee sauce, vanilla ice cream £6.95

*Contains: Egg, Soya, Milk*

**Toffee and pecan meringue roulade**, salted caramel ice cream £6.50

*Contains: Egg, Nuts, Soya, Milk*

**Baked vanilla cheesecake**, summer fruits, peach purée £6.95

*Contains: Egg, Milk, Sulphur Dioxide*

## Coffees and Hot Drinks

**Cafetiere of coffee** £2.95

*Contains: Milk*

**Cappuccino** £2.95

*Contains: Milk*

**Latte** £2.95

*Contains: Milk*

**Flat white** £2.95

*Contains: Milk*

**Americano** £2.95

*Contains: Milk*

**Double Espresso** £3.45

*Contains: Milk*

**Selection of tea** £2.70

*Contains: Milk*

**Hot chocolate** £2.95

*Contains: Milk*

## Hot Drink with a Small Pudding

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**Triple chocolate brownie, vanilla ice cream** £6.95

*Contains: Egg, Soya, Milk*

**Sticky toffee pudding, vanilla ice cream** £6.95

*Contains: Egg, Milk*