

Glasfryn

Gluten Free Menu

~ Wednesday 22nd September 2021 ~

Starters and Nibbles

Leek and potato soup with bread and butter 5.95

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

Crispy pork belly, butternut puree, maple bourbon glaze, crackling 7.95

Spicy pork and chorizo meatballs 4.95

Mixed marinated 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

Pan fried sea bass, charred vegetables, chorizo potatoes, tempura fennel, saffron aioli 16.95

Mature Cheddar, potato, onion and chive quiche, crème fraîche new potatoes, tomatoes, baby gem salad 9.95

Katsu Chicken curry sticky coconut rice, cucumber salad 15.95

Braised feather of beef bourguignon, horseradish mash, buttered greens 16.95

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

Soy and ginger marinated salmon and tiger prawns, cucumber, samphire and watermelon salad 16.95

Braised shoulder of lamb with Dauphinoise potatoes and rosemary gravy 18.95

Smoked haddock and salmon fishcakes, tomato and spring onion salad 13.95/10.95

10oz rump, Dijon tarragon butter, portobello mushrooms, tomato, chips 23.95

Lamb, roast parsnip and rosemary pie, buttered mash potatoes, greens, redcurrant gravy 14.95

Bacon, mushroom and Gruyere quiche, crème fraîche new potatoes, tomato salad 9.95

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

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

Sticky toffee pudding, toffee sauce, vanilla ice cream 6.95

Triple chocolate brownie, chocolate sauce, vanilla ice cream 6.95

Crème brulée with shortbread 6.95

Ice Creams and Sorbets

Cheshire Farm ice cream choose three scoops from; 5.85

Cheshire Farm ice cream choose two scoops from; 3.90

Cheshire Farm ice cream choose one scoop from; 1.95

Coffees and Hot Drinks

Cafetière of coffee 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

Mocha coffee 2.95

Hot Drink with a Small Pudding

Triple chocolate brownie, vanilla ice cream 6.95

Sticky toffee pudding, vanilla ice cream 6.95

Crème brulée with shortbread 6.95

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Gluten Free Menu

With Allergen Information

~ Wednesday 22nd 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

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Leek and potato soup with bread and butter £5.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

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

Contains: Egg, Milk, Sulphur Dioxide

Crispy pork belly, butternut puree, maple bourbon glaze, crackling £7.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

Spicy pork and chorizo meatballs £4.95

Contains: Egg, Soya, Milk, Mustard

Mixed marinated 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

Pan fried sea bass, charred vegetables, chorizo potatoes, tempura fennel, saffron aioli £16.95

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

Mature Cheddar, potato, onion and chive quiche, crème fraîche new potatoes, tomatoes, baby gem salad £9.95

Contains: Egg, Milk, Sulphur Dioxide

Katsu Chicken curry sticky coconut rice, cucumber salad £15.95

Contains: Egg, Soya, Milk, Sulphur Dioxide

Braised feather of beef bourguignon, horseradish mash, buttered greens £16.95

Contains: Milk, Celery, Mustard, Sulphur Dioxide

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

Contains: Nuts, Soya, Celery

Soy and ginger marinated salmon and tiger prawns, cucumber, samphire and watermelon salad £16.95

Contains: Crustaceans, Fish, Soya, Milk, Mustard, Sesame, Sulphur Dioxide

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

Contains: Milk, Celery, Sulphur Dioxide

Smoked haddock and salmon fishcakes, tomato and spring onion salad £13.95

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

10oz rump, Dijon tarragon butter, portobello mushrooms, tomato, chips £23.95

Contains: Milk, Mustard, Sulphur Dioxide

Lamb, roast parsnip and rosemary pie, buttered mash potatoes, greens, redcurrant gravy £14.95

Contains: Milk, Celery, Sulphur Dioxide

Bacon, mushroom and Gruyere quiche, crème fraîche new potatoes, tomato salad £9.95

Contains: Egg, Milk

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

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

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

Contains: Egg, Soya, Milk

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

Contains: Egg, Soya, Milk

Creme brulee with shortbread £6.95

Contains: Egg, Milk, Sulphur Dioxide

Ice Creams and Sorbets

Cheshire Farm ice cream choose three scoops from; £5.85

Contains: Milk

Cheshire Farm ice cream choose two scoops from; £3.90

Contains: Milk

Cheshire Farm ice cream choose one scoop from; £1.95

Contains: Milk

Coffees and Hot Drinks

Cafetiere of coffee £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

Mocha coffee £2.95

Contains: Milk

Hot Drink with a Small Pudding

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

Contains: Egg, Soya, Milk

Sticky toffee pudding, vanilla ice cream £6.95

Contains: Egg, Milk

Creme brulee with shortbread £6.95

Contains: Egg, Milk

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