

# The Hand and Trumpet

## Gluten Free Menu

~ Saturday 19th September 2020 ~

### While You Wait

---

Peroni Gluten Free 4.00

### Starters and Nibbles

---

**Roasted tomato, red pepper and basil soup** with GF bread and butter 5.95

**Chicken liver pate** with apricot chutney and granary toast 6.95

**Mezze plate** - marinated aubergine and courgette, blush tomatoes, chickpea hummus and flat bread toasts 6.75

**Chicken Caesar croquettes** with Parmesan and anchovy salad 7.45

**Prawn cocktail** with Marie Rose sauce and buttered GF seeded bread 8.95

**Baked camembert** with candied walnuts and celery salad and GF toasts 7.95

Garlic and chilli king prawn 6.75

Warm chorizo sausage 5.95

BBQ chicken wings 5.75

Halloumi fries with tomato salsa 5.95

### Mains

---

**10oz Ribeye steak**, with Dijon and tarragon butter, Portobello mushrooms, tomato and chunky chips 25.95

**Braised shoulder of lamb** with minted crushed new potatoes and rosemary gravy 18.95

**Deep fried cod in beer batter** with chunky chips, mushy peas, tartare sauce 14.95/11.95

**Buttercross farm pork and leek sausages** with mash, buttered greens and onion gravy 13.95/10.95

**Fish pie, salmon, cod, smoked haddock and prawns** with French style peas and bacon 16.95

**Crispy beef salad** with sweet chilli sauce and roasted cashew nuts 13.95

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

**Braised feather of beef bourguignon** with horseradish mash and buttered kale 16.95

**GF Malaysian chicken curry** with coconut rice and steamed pak choi 14.95

**Roast pork tenderloin** with colcannon potato, apple puree, braised baby gems and sage crackling 17.95

### Side Orders

---

Chunky chips 3.95

Fries 3.95

Buttered vegetables 3.95

Beer battered onion rings 3.95

Green salad with lemon dressing 3.95

Peppercorn sauce 2.50

This menu has been accredited by Coeliac UK.

Processes and training are in place to ensure that meals on this menu are gluten free. 'Gluten free' describes foods that contain gluten at a level of no more than 20 parts per million (ppm).

All our food is prepared in a kitchen where other cross contamination risks may occur.

Full allergen information is available upon request.

If you have a question, food allergy or intolerance, please let us know before placing your order.



## Light Bites

---

- Smoked haddock and salmon fishcake**, tomato and spring onion salad 10.95/13.95  
**Goats' cheese and roasted Mediterranean vegetable quiche** with crème fraîche potato salad Vg 9.95  
**Open prawn Marie Rose sandwich** on GF seeded bread 8.95  
**Wild mushroom risotto** with tarragon, rocket and truffle oil 9.95

## Children's Menu

---

- Tomato and basil penne pasta** with grated cheese 5.95  
**5oz rump steak** with fries and peas 8.95  
**Chicken goujons** with chips and peas 6.95  
**Fish fingers** with chips and peas 6.75

## Puddings and Ice Creams

---

- Crème brûlée** with shortbread biscuits 6.75  
**Triple chocolate brownie** with chocolate sauce and vanilla ice cream 6.75  
**Sticky toffee pudding** with toffee sauce and vanilla ice cream 6.75  
**Lemon meringue roulade** with raspberry sorbet 6.75

**Cheshire Farm Ice Cream**; choose from: vanilla, chocolate, strawberry, clotted cream, raspberry ripple or honeycomb 5.85  
**2 scoops 3.90 / 1 scoop 1.95**

**Cheshire Farm sorbet** ; choose three scoops from lemon, passion fruit and blackcurrant 5.85

**A selection of British farmhouse cheese** Barbers Vintage Cheddar, West Country Brie and Blacksticks Blue served with GF biscuits, chutney and celery 6.95

## Hot Drinks

---

- Mocha** 2.95  
**Latte** 2.95  
**Tea (including herbal)** 2.60  
**Cappuccino** 2.95  
**Cafetière coffee** 2.95  
**Espresso double** 2.85  
**Espresso single** 2.45

## Coffee and a Small Pudding

---

Choose a mini version of our puddings with a tea or coffee of your choice 6.95

- Sticky toffee pudding**  
**Warm chocolate brownie**  
**Crème brûlée**

This menu has been accredited by Coeliac UK.  
Processes and training are in place to ensure that meals on this menu are gluten free. 'Gluten free' describes foods that contain gluten at a level of no more than 20 parts per million (ppm).  
All our food is prepared in a kitchen where other cross contamination risks may occur.  
Full allergen information is available upon request.  
If you have a question, food allergy or intolerance, please let us know before placing your order.



# The Hand and Trumpet

## Gluten Free Menu

With Allergen Information

~ Saturday 19th September 2020 ~

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.

### While You Wait

Peroni Gluten Free £4.00

### Starters and Nibbles

**Roasted tomato, red pepper and basil soup** with GF bread and butter £5.95

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

**Chicken liver pate** with apricot chutney and granary toast £6.95

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

**Mezze plate** - marinated aubergine and courgette, blush tomatoes, chickpea hummus and flat bread toasts £6.75

*Contains: Egg, Sesame, Sulphur Dioxide*

**Chicken Caesar croquettes** with Parmesan and anchovy salad £7.45

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

**Prawn cocktail** with Marie Rose sauce and buttered GF seeded bread £8.95

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

**Baked camembert** with candied walnuts and celery salad and GF toasts £7.95

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

**Garlic and chilli king prawn** £6.75

*Contains: Crustaceans, Milk, Sulphur Dioxide*

Warm chorizo sausage £5.95

*Contains: Soya, Milk, Sulphur Dioxide*

**BBQ chicken wings** £5.75

*Contains: Celery, Mustard, Sulphur Dioxide*

**Halloumi fries with tomato salsa** £5.95

*Contains: Milk*

### Mains

**10oz Ribeye steak**, with Dijon and tarragon butter, Portobello mushrooms, tomato and chunky chips £25.95

*Contains: Milk, Mustard, Sulphur Dioxide*

**Braised shoulder of lamb** with minted crushed new potatoes and rosemary gravy £18.95

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

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

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

**Buttercross farm pork and leek sausages** with mash, buttered greens and onion gravy £13.95

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

**Fish pie, salmon, cod, smoked haddock and prawns** with French style peas and bacon £16.95

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



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

*Contains: Nuts, Soya, Milk*

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

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

**Braised feather of beef bourguignon** with horseradish mash and buttered kale £16.95

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

**GF Malaysian chicken curry** with coconut rice and steamed pak choi £14.95

*Contains: Celery, Mustard, Sulphur Dioxide*

**Roast pork tenderloin** with colcannon potato, apple puree, braised baby gems and sage crackling £17.95

*Contains: Milk, Celery, Sulphur Dioxide*

## Side Orders

.....  
**Chunky chips** £3.95

**Fries** £3.95

**Buttered vegetables** £3.95

*Contains: Milk, Sulphur Dioxide*

**Beer battered onion rings** £3.95

**Green salad with lemon dressing** £3.95

*Contains: Celery, Sulphur Dioxide*

**Peppercorn sauce** £2.50

*Contains: Milk, Celery, Sulphur Dioxide*

## Light Bites

.....  
**Smoked haddock and salmon fishcake**, tomato and spring onion salad £10.95

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

**Goats' cheese and roasted Mediterranean vegetable quiche** with crème fraîche potato salad Vg £9.95

*Contains: Egg, Milk, Sulphur Dioxide*

**Open prawn Marie Rose sandwich** on GF seeded bread £8.95

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

**Wild mushroom risotto** with tarragon, rocket and truffle oil £9.95

*Contains: Celery*

## Children's Menu

.....  
**Tomato and basil penne pasta** with grated cheese £5.95

*Contains: Milk, Sulphur Dioxide*

**5oz rump steak** with fries and peas £8.95

*Contains: Milk, Celery, Sulphur Dioxide*

**Chicken goujons** with chips and peas £6.95

*Contains: Egg, Milk*

**Fish fingers** with chips and peas £6.75

*Contains: Egg, Fish, Milk*

## Puddings and Ice Creams

.....  
**Crème brûlée** with shortbread biscuits £6.75

*Contains: Egg, Milk*

**Triple chocolate brownie** with chocolate sauce and vanilla ice cream £6.75

*Contains: Egg, Soya, Milk*



**Sticky toffee pudding** with toffee sauce and vanilla ice cream £6.75

*Contains: Egg, Soya, Milk*

**Lemon meringue roulade** with raspberry sorbet £6.75

*Contains: Egg, Milk*

**Cheshire Farm Ice Cream**; choose from: vanilla, chocolate, strawberry, clotted cream, raspberry ripple or honeycomb  
£5.85

*Contains: Peanuts, Nuts, Soya, Milk*

**2 scoops 3.90 / 1 scoop 1.95**

**Cheshire Farm sorbet** ; choose three scoops from lemon, passion fruit and blackcurrant £5.85

*Contains: Milk*

**A selection of British farmhouse cheese** Barbers Vintage Cheddar, West Country Brie and Blacksticks Blue served with GF biscuits, chutney and celery £6.95

*Contains: Milk, Celery, Sulphur Dioxide*

## Hot Drinks

**Mocha** £2.95

*Contains: Egg, Soya, Milk*

**Latte** £2.95

*Contains: Egg, Soya, Milk*

**Tea (including herbal)** £2.60

*Contains: Egg, Soya, Milk*

**Cappuccino** £2.95

*Contains: Egg, Soya, Milk*

**Cafetière coffee** £2.95

*Contains: Egg, Soya, Milk*

**Espresso double** £2.85

*Contains: Egg, Soya, Milk*

**Espresso single** £2.45

*Contains: Egg, Soya, Milk*

## Coffee and a Small Pudding

Choose a mini version of our puddings with a tea or coffee of your choice 6.95

**Sticky toffee pudding** £6.95

*Contains: Egg, Soya, Milk*

**Warm chocolate brownie** £6.95

*Contains: Egg, Soya, Milk*

**Crème brûlée**

**Crème brûlée** £6.95

*Contains: Egg, Milk*

**Warm chocolate brownie** £6.95

*Contains: Egg, Soya, Milk*

**Sticky toffee pudding** £6.95

*Contains: Egg, Soya, Milk*



**Two scoops** £3.90

*Contains: Peanuts, Nuts, Soya, Milk*

**Single scoop** £1.95

*Contains: Peanuts, Nuts, Soya, Milk*

