

The Old Harkers Arms

Gluten Free Menu

~ Wednesday 28th October 2020 ~

Starters and Nibbles

Cream of leek and potato soup with GF bread 5.95

Chicken liver pâté with chutney and granary toast 6.95

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

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

Mezze plate - marinated aubergine and courgette, blush tomatoes, red pepper hummus and flat bread toasts 6.75

Nocellara Olives Nocellara Olives 3.95

Warm chorizo sausage 5.95

Halloumi fries with sweet chilli sauce 5.95

Garlic and chilli king prawn 6.75

Warm chorizo sausage 5.95

Mains

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

10oz Rump steak, Dijon and tarragon butter, mushrooms, tomato and chips 19.25

Appleby's Cheshire cheese, potato and onion pie with carrot puree and red wine jus 12.95

Fish pie; salmon, smoked haddock and prawns with French style peas 16.95

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

Wild mushroom risotto with tarragon, rocket and truffle oil 9.95

Side Orders

Chunky chips 3.95

Buttered vegetables 3.95

Green salad with lemon dressing 3.95

Peppercorn sauce 2.50

Fries 3.95



Light Bites

Open prawn Marie Rose sandwich on GF seeded bread 8.95

Spiced chickpea falafals with red pepper hummus and vegan feta chicory and pomegranate salad 10.45

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

Cheshire Farm sorbet ; choose three scoops from lemon, blackcurrant and raspberry 5.85

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

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

Cafetière coffee 2.95

Cappuccino 2.95

Tea (including herbal) 2.60

Espresso double 2.85

Mocha 2.95

Latte 2.95

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

Crème brûlée

Warm chocolate brownie

Sticky toffee pudding

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.

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Gluten Free Menu

With Allergen Information

~ Wednesday 28th October 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.

Starters and Nibbles

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Cream of leek and potato soup with GF bread £5.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

Chicken liver pâté with chutney and granary toast £6.95

Contains: Egg, Milk, Mustard, Sulphur Dioxide

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

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

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

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

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

Contains: Egg, Sesame, Sulphur Dioxide

Nocellara Olives Nocellara Olives £3.95

Warm chorizo sausage £5.95

Contains: Soya, Milk, Sulphur Dioxide

Halloumi fries with sweet chilli sauce £5.95

Contains: Milk

Garlic and chilli king prawn £6.75

Contains: Crustaceans, Milk, Sulphur Dioxide

Warm chorizo sausage £5.95

Contains: Soya, Milk, Sulphur Dioxide

Mains

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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

10oz Rump steak, Dijon and tarragon butter, mushrooms, tomato and chips £19.25

Contains: Milk, Mustard, Sulphur Dioxide

Appleby's Cheshire cheese, potato and onion pie with carrot puree and red wine jus £12.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

Fish pie; salmon, smoked haddock and prawns with French style peas £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

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

Contains: Celery

Side Orders

Chunky chips £3.95

Buttered vegetables £3.95
Contains: Milk, Sulphur Dioxide

Green salad with lemon dressing £3.95

Contains: Celery, Sulphur Dioxide

Peppercorn sauce £2.50

Contains: Milk, Celery, Sulphur Dioxide

Fries £3.95

Light Bites

Open prawn Marie Rose sandwich on GF seeded bread £8.95

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

Spiced chickpea falafals with red pepper hummus and vegan feta chicory and pomegranate salad £10.45

Contains: Sesame

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

Cheshire Farm sorbet ; choose three scoops from lemon, blackcurrant and raspberry £5.85

Contains: 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

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

Cafetière coffee £2.95

Contains: Egg, Soya, Milk

Cappuccino £2.95

Contains: Egg, Soya, Milk

Tea (including herbal) £2.60

Contains: Egg, Soya, Milk

Espresso double £2.85

Contains: Egg, Soya, Milk

Mocha £2.95

Contains: Egg, Soya, Milk

Latte £2.95

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

Crème brûlée

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

Single scoop £1.95

Contains: Milk

Two scoops £3.90

Contains: Milk