

The Oakley Arms

Gluten Free Menu

~ Tuesday 21st September 2021 ~

Nibbles

Halloumi fries, tomato salsa 5.95
BBQ chicken wings 5.75
Warm chorizo sausage, roquito peppers 5.95
Garlic and chilli King prawns 6.95
Cauliflower fritters, curried mayonnaise 4.75

Starters

Roasted tomato and basil soup, GF bread, butter 5.95
Prawn cocktail, buttered GF seeded bread 8.95
Chicken liver pâté, carrot and apricot chutney, GF seeded toast 6.95
Seared scallops celeriac purée, brown shrimps with nut brown butter 12.95

Mains

Mushroom bourguignon pie, red wine gravy, sauteed greens (vg) 13.95
Deep fried cod in beer batter, chips, mushy peas, tartare sauce 14.95/10.95
Smoked haddock and salmon fishcakes, tomato and spring onion salad 13.95/10.95
Steak and ale pie, mash, buttered greens, red wine gravy 14.95
Crispy beef salad, sweet chilli sauce, roasted cashew nuts 13.95
Braised shoulder of lamb, minted new potatoes, seasonal vegetables, rosemary gravy 18.95
10oz Sirloin, Dijon and tarragon butter, portobello mushrooms, tomato, chips 25.95
Buttercross farm pork and apple sausages, buttered mash potatoes, onion gravy 13.95
Quiche Lorraine, crème fraîche new potatoes, tomato salad 9.95

Sides

Fries 3.75
Chunky chips 3.75
Buttered vegetables 3.95
Mixed salad (vg) 3.95

Childrens Menu

Chicken goujons, chips, peas 6.95
Fish fingers, chips and peas 6.95
Tomato and basil pasta, cheese 5.95
Sticky toffee pudding, vanilla ice cream 3.95
Triple chocolate brownie, vanilla ice cream 3.95

Puddings

Triple chocolate brownie, chocolate sauce, vanilla ice cream 6.95
Sticky toffee pudding, vanilla ice cream 6.95
Toffee apple sponge with custard 6.95

Coffees and Hot Drinks

Cappuccino 2.95
Latte 2.95
Flat white 2.95
Americano 2.95
Espresso 2.45
Hot chocolate 2.95

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.



The Oakley Arms

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.

Nibbles

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Halloumi fries, tomato salsa £5.95

Contains: Milk

BBQ chicken wings £5.75

Contains: Celery, Mustard

Warm chorizo sausage, roquito peppers £5.95

Contains: Soya, Milk

Garlic and chilli King prawns £6.95

Contains: Crustaceans, Milk

Cauliflower fritters, curried mayonnaise £4.75

Contains: Egg, Mustard

Starters

.....
Roasted tomato and basil soup, GF bread, butter £5.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

Prawn cocktail, buttered GF seeded bread £8.95

Contains: Crustaceans, Egg, Milk, Mustard

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

Mains

.....
Mushroom bourguignon pie, red wine gravy, sauteed greens (vg) £13.95

Contains: Celery, Sulphur Dioxide

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

Contains: Egg, Fish, Sulphur Dioxide

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

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

Steak and ale pie, mash, buttered greens, red wine gravy £14.95

Contains: Milk, Sulphur Dioxide

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

Contains: Nuts, Soya, Celery

Braised shoulder of lamb, minted new potatoes, seasonal vegetables, rosemary gravy £18.95

Contains: Soya, Milk, Celery, Sulphur Dioxide

10oz Sirloin, Dijon and tarragon butter, portobello mushrooms, tomato, chips £25.95

Contains: Milk, Mustard, Sulphur Dioxide

Buttercross farm pork and apple sausages, buttered mash potatoes, onion gravy £13.95

Contains: Milk, Celery, Sulphur Dioxide

Quiche Lorraine, crème fraîche new potatoes, tomato salad £9.95

Contains: Egg, Milk

Sides

.....
Fries £3.75

Chunky chips £3.75

Buttered vegetables £3.95

Contains: Milk, Sulphur Dioxide

Mixed salad (vg) £3.95

Childrens Menu

.....
Chicken goujons, chips, peas £6.95

Contains: Egg, Milk

Fish fingers, chips and peas £6.95

Contains: Egg, Fish, Milk

Tomato and basil pasta, cheese £5.95

Contains: Milk

Sticky toffee pudding, vanilla ice cream £3.95

Contains: Egg, Milk

Triple chocolate brownie, vanilla ice cream £3.95

Contains: Egg, Soya, Milk

Puddings

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

Contains: Egg, Soya, Milk

Sticky toffee pudding, vanilla ice cream £6.95

Contains: Egg, Milk

Toffee apple sponge with custard £6.95

Contains: Egg, Milk

Coffees and Hot Drinks

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Cappuccino £2.95

Contains: Milk

Latte £2.95

Contains: Milk

Flat white £2.95

Contains: Milk

Americano £2.95

Contains: Milk

Espresso £2.45

Contains: Milk

Hot chocolate £2.95

Contains: Milk

