

# The Oakley Arms

## Gluten Free Menu

~ Wednesday 22nd September 2021 ~

### Nibbles

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

### Starters

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Butternut squash soup with sage-roasted pumpkin seeds 5.95
Prawn cocktail, buttered GF seeded bread 8.95
Chicken liver pâté, carrot and apricot chutney, GF seeded toast 6.95
Sea bass tacos, guacamole, pickled red onions, coriander, lime 11.95

### Mains

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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
7oz fillet steak with Portobello mushrooms, peppercorn sauce, tomato and chips 28.95

### Sides

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

### Childrens Menu

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

### Puddings

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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

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Cappuccino 2.95	Americano 2.95
Latte 2.95	Espresso 2.45
Flat white 2.95	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

~ 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.

### 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

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**Butternut squash soup** with sage-roasted pumpkin seeds £5.95

*Contains: Egg, Milk, Celery*

**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*

**Sea bass tacos**, guacamole, pickled red onions, coriander, lime £11.95

*Contains: Fish, Sulphur Dioxide*

### Mains

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**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*

**7oz fillet steak** with Portobello mushrooms, peppercorn sauce, tomato and chips £28.95

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

## Sides

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Fries £3.75

Chunky chips £3.75

Buttered vegetables £3.95

*Contains: Milk, Sulphur Dioxide*

Mixed salad (vg) £3.95

## Childrens Menu

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**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

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**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*

