

# The Old Orchard

## Gluten Free Menu

~ Tuesday 21st September 2021 ~

### Starters and Nibbles

Carrot and orange soup with coriander and crispy shallots 5.95

Nocellara olives (vg) 3.95  
Garlic and chilli King prawns 6.95  
Halloumi fries, tomato salsa 5.95

BBQ chicken wings 5.75  
Mozzarella Fritters 4.95

### Mains

10oz ribeye with Dijon and tarragon butter, portobello mushrooms, tomato, chips 25.95

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

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

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

Honey roasted ham (served cold) with free range eggs and chips 13.95/10.95

### Sides

Chunky chips 3.75

Fries 3.75

Buttered vegetables 3.95

### Childrens Menu

5oz rump steak, fries, peas 8.95  
Fish fingers, chips and peas 6.95  
Chicken goujons, chips, peas 6.95

Triple chocolate brownie, vanilla ice cream 3.95  
Sticky toffee pudding with toffee sauce and 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

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**Eton mess**, strawberries, vanilla cream, broken meringue and raspberry sauce 6.75

**Triple chocolate brownie**, vanilla ice cream 6.95

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

## Ice Creams and Sorbets

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**Cheshire Farm ice cream** choose one scoop from; 1.95

**3.90 for 2 scoops / 5.85 for 3 scoops**

## Hot Drink with a Small Pudding

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**Triple chocolate brownie**, vanilla ice cream 6.95

**Sticky toffee pudding**, vanilla ice cream 6.95

**Sticky toffee pudding**, vanilla ice cream 6.95

## Coffees and Hot Drinks

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**Cafetiere 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

# The Old Orchard

## 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.

### Starters and Nibbles

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**Carrot and orange soup** with coriander and crispy shallots £5.95

*Contains: Egg, Milk, Celery*

**Nocellara olives (vg)** £3.95

**Garlic and chilli King prawns** £6.95

*Contains: Crustaceans, Milk*

**Halloumi fries, tomato salsa** £5.95

*Contains: Milk*

**BBQ chicken wings** £5.75

*Contains: Celery, Mustard*

**Mozzarella Fritters** £4.95

*Contains: Egg, Milk*

### Mains

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**10oz ribeye** with Dijon and tarragon butter, portobello mushrooms, tomato, chips £25.95

*Contains: Milk, Mustard, 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*

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

*Contains: Nuts, Soya, Celery*

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

*Contains: Milk, Sulphur Dioxide*

**Honey roasted ham** (served cold) with free range eggs and chips £13.95

*Contains: Egg, Mustard, Sulphur Dioxide*

### Sides

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Chunky chips £3.75

Fries £3.75

Buttered vegetables £3.95

*Contains: Milk, Sulphur Dioxide*

## Childrens Menu

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**5oz rump steak**, fries, peas £8.95

*Contains: Celery, Sulphur Dioxide*

**Fish fingers**, chips and peas £6.95

*Contains: Egg, Fish, Milk*

**Chicken goujons**, chips, peas £6.95

*Contains: Egg, Milk*

**Triple chocolate brownie, vanilla ice cream** £3.95

*Contains: Egg, Soya, Milk*

**Sticky toffee pudding** with toffee sauce and vanilla ice cream £3.95

*Contains: Egg, Soya, Milk*

## Puddings

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**Eton mess**, strawberries, vanilla cream, broken meringue and raspberry sauce £6.75

*Contains: Egg, Milk*

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

*Contains: Egg, Soya, Milk*

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

*Contains: Egg, Soya, Milk*

## Ice Creams and Sorbets

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**Cheshire Farm ice cream** choose one scoop from; £1.95

*Contains: Milk*

**3.90 for 2 scoops / 5.85 for 3 scoops**

## Hot Drink with a Small Pudding

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

*Contains: Egg, Soya, Milk*

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

*Contains: Egg, Milk*

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

*Contains: Egg, Milk*

## Coffees and Hot Drinks

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**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*