

# The Old Windmill

## Gluten Free Menu

~ Friday 20th March 2020 ~

Please mention when ordering, any food allergies or intolerances, thanks.

### While You Wait

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**Bottled Peroni** Gluten Free 4.25

Aperol Spritz 7.95

Disaronno with ruby tonic 5.75

### Starters

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**Sweet Potato, Lime and Coconut Soup** with GF bread and butter 5.95

**Chicken liver pâté** with carrot and apricot chutney and toast 6.95

**GF Deep-fried Cornish Brie** with pickled cranberry salad and mulled pear chutney 6.95

### Mains

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**Deep-fried cod in beer batter** with chips, mushy peas and tartare sauce 14.95/10.25

**Braised shoulder of lamb** with Minted New Potato Cake, seasonal vegetables and gravy 17.95

**Smoked haddock and salmon fishcakes** with tomato and spring onion salad 13.95/10.95

**GF Honey roasted ham** (served cold) with free range eggs and chips 12.95/9.95

**Braised feather of beef bourguignon**, Dijon mash and buttered vegetables 16.45

**Chunky chips** 3.75

**Buttered vegetables** 3.95

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.



# Lighter Things

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## Childrens Menu

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**Fish fingers** with chips and peas 6.75

**Honey roast ham** with egg and chips 9.95

**Chicken goujons** with chips and peas 6.95

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

## Puddings, Ice Cream and Cheese

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

**GF Dark chocolate torte** with cherry sorbet 6.95

**Sticky toffee pudding** with toffee sauce and vanilla ice cream 6.25

**Cheshire Farm Ice Cream**; choose from strawberries & cream, chocolate, lemon curd, mango, salted caramel 5.70

**A selection of five cheese, GF biscuits and chutney to share:** Colston Bassett Stilton, Cornish Brie, Barbers Cheddar, Maida Vale and Stinking Bishop 11.95

## Hot Drinks

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**Cafetière coffee** 2.85

**GF Espresso (single)** 2.85

**Espresso (double)** 3.25

**Cappuccino** 2.95

**GF Tea (including herbal)** 2.50

**Latte** 2.95

## Coffee and a Small Pudding

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**Sticky toffee pudding**

**Warm chocolate brownie**



accredited by

**coeliacuk**  
live well gluten free

# The Old Windmill

## Gluten Free Menu

With Allergen Information

~ Friday 20th March 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

**Bottled Peroni** Gluten Free £4.25

Aperol Spritz £7.95

Disaronno with ruby tonic £5.75

### Starters

**Sweet Potato, Lime and Coconut Soup** with GF bread and butter £5.95

*Contains: Egg, Milk, Celery, Sesame*

**Chicken liver pâté** with carrot and apricot chutney and toast £6.95

*Contains: Egg, Milk, Sulphur Dioxide*

**GF Deep-fried Cornish Brie** with pickled cranberry salad and mulled pear chutney £6.95

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

### Mains

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

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

**Braised shoulder of lamb** with Minted New Potato Cake, seasonal vegetables and gravy £17.95

*Contains: Milk, Celery, Sulphur Dioxide*

**Smoked haddock and salmon fishcakes** with tomato and spring onion salad £13.95

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

**GF Honey roasted ham** (served cold) with free range eggs and chips £12.95

*Contains: Egg, Mustard, Sulphur Dioxide*

**Braised feather of beef bourguignon**, Dijon mash and buttered vegetables £16.45

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

Chunky chips £3.75

Buttered vegetables £3.95

*Contains: Milk, Sulphur Dioxide*

### Lighter Things

### Childrens Menu

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

*Contains: Egg, Fish, Milk*



**Honey roast ham** with egg and chips £9.95

*Contains: Egg, Mustard, Sulphur Dioxide*

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

*Contains: Egg, Milk*

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

*Contains: Egg, Milk, Sulphur Dioxide*

## Puddings, Ice Cream and Cheese

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

*Contains: Egg, Soya, Milk*

**GF Dark chocolate torte** with cherry sorbet £6.95

*Contains: Soya, Milk*

**Sticky toffee pudding** with toffee sauce and vanilla ice cream £6.25

*Contains: Egg, Soya, Milk*

**Cheshire Farm Ice Cream**; choose from strawberries & cream, chocolate, lemon curd, mango, salted caramel £5.70

*Contains: Peanuts, Nuts, Soya, Milk*

**A selection of five cheese, GF biscuits and chutney to share:** Colston Bassett Stilton, Cornish Brie, Barbers Cheddar, Maida Vale and Stinking Bishop £11.95

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

## Hot Drinks

Cafetière coffee £2.85

*Contains: Egg, Soya, Milk*

GF Espresso (single) £2.85

*Contains: Egg, Soya, Milk*

Espresso (double) £3.25

*Contains: Egg, Soya, Milk*

Cappuccino £2.95

*Contains: Egg, Soya, Milk*

GF Tea (including herbal) £2.50

*Contains: Egg, Soya, Milk*

Latte £2.95

*Contains: Egg, Soya, Milk*

## Coffee and a Small Pudding

**Sticky toffee pudding** £6.95

*Contains: Egg, Soya, Milk*

**Warm chocolate brownie** £6.95

*Contains: Egg, Soya, Milk*

**Roast loin of pork** with sage and onion stuffing and apple sauce £13.75

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

**Mixed roast beef and roast pork** with all the trimmings £15.45

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

**Braised shoulder of lamb** with Minted New Potato Cake, seasonal vegetables and gravy £17.95

*Contains: Milk, Celery, Sulphur Dioxide*



**Rare roasted topside of beef** with Roasted Potatoes, Seasonal vegetables £13.95

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

