

# The Prae Wood Arms

## Gluten Free Menu

~ Tuesday 21st September 2021 ~

### Starters

Carrot and orange soup with coriander and crispy shallots 5.95

Chicken liver pâté, carrot and apricot chutney, GF toast 6.95

Carrot and red onion bhaji, coconut yoghurt, mango chutney (vg) 6.50

### Nibbles

BBQ chicken wings 5.75

Halloumi fries, tomato salsa 5.95

King prawns with garlic and coriander 6.95

### Mains

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

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

Pan roasted sea trout, crushed potatoes samphire, pink grapefruit and pickled fennel salad, gribiche sauce 17.95

Mushroom bourguignon pie, red wine gravy, sautéed greens (vg) 13.95

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

Broccoli and Stilton quiche, crème fraîche new potatoes, baby gem, grapes, caramelised pecans 9.95

Duck breast, rhubarb purée, hasselback potatoes, red wine jus 18.95

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

### Sides

Chunky chips 3.75

Truffle and parmesan Fries 4.75

Peppercorn sauce 2.50

Mixed salad (vg) 3.95

### Childrens Menu

Chicken goujons, chips, peas 6.95

5oz rump steak, fries, peas 8.95

Fish fingers, chips and peas 6.95

Triple chocolate brownie, vanilla ice cream 3.95

Tomato and basil pasta, cheese 5.95

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

**Coconut panna cotta**, pineapple salsa, granola, passion fruit sorbet 6.75

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

## Ice Creams and Sorbets

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**Cheshire Farm ice cream** choose from; vanilla, strawberry, chocolate, raspberry sorbet, lemon sorbet or Bramley apple sorbet

**One scoop** of ice cream or sorbet 1.95

**Two scoops** of ice cream or sorbet 3.90

**Three scoops** of ice cream or sorbet 5.85

## Coffees and Hot Drinks

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**Double Espresso** 3.45

**Americano** 2.95

**Cappuccino** 2.95

**Flat white** 2.95

**Latte** 2.95

**Selection of tea** 2.70

**Cafetiere of coffee** 2.95

**Hot chocolate** 2.95

# The Prae Wood 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.

### Starters

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**Carrot and orange soup** with coriander and crispy shallots £5.95  
*Contains: Egg, Milk, Celery*

**Chicken liver pâté**, carrot and apricot chutney, GF toast £6.95  
*Contains: Egg, Milk, Sulphur Dioxide*

**Carrot and red onion bhaji**, coconut yoghurt, mango chutney (vg) £6.50  
*Contains: Mustard*

### Nibbles

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**BBQ chicken wings** £5.75  
*Contains: Celery, Mustard*

**King prawns with** garlic and coriander £6.95  
*Contains: Crustaceans, Milk*

**Halloumi fries, tomato salsa** £5.95  
*Contains: Egg, Milk*

### Mains

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**10oz Sirloin, Dijon and tarragon butter**, portobello mushrooms, tomato, chips £25.95  
*Contains: Milk, Mustard, Sulphur Dioxide*

**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*

**Pan roasted sea trout, crushed potatoes** samphire, pink grapefruit and pickled fennel salad, gribiche sauce £17.95  
*Contains: Egg, Fish, Milk, Mustard, Sulphur Dioxide*

**Mushroom bourguignon pie**, red wine gravy, sautéed greens (vg) £13.95  
*Contains: Celery, Sulphur Dioxide*

**Steak and ale pie**, mash, buttered greens, red wine gravy £14.95  
*Contains: Milk, Sulphur Dioxide*

**Broccoli and Stilton quiche**, crème fraîche new potatoes, baby gem, grapes, caramelised pecans £9.95  
*Contains: Egg, Nuts, Milk, Celery*

**Duck breast**, rhubarb purée, hasselback potatoes, red wine jus £18.95  
*Contains: Soya, Milk, Sulphur Dioxide*

**Crispy beef salad**, sweet chilli sauce, roasted cashew nuts £13.95  
*Contains: Nuts, Soya, Celery*

## Sides

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Chunky chips £3.75

Peppercorn sauce £2.50

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

Truffle and parmesan Fries £4.75

*Contains: Milk*

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*

**5oz rump steak**, fries, peas £8.95

*Contains: Celery, Sulphur Dioxide*

**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*

**Coconut panna cotta**, pineapple salsa, granola, passion fruit sorbet £6.75

*Contains: Sulphur Dioxide*

**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 from; vanilla, strawberry, chocolate, raspberry sorbet, lemon sorbet or Bramley apple sorbet

**One scoop** of ice cream or sorbet 1.95

**Two scoops** of ice cream or sorbet 3.90

**Three scoops** of ice cream or sorbet 5.85

## Coffees and Hot Drinks

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**Double Espresso** £3.45

*Contains: Milk*

**Americano** £2.95

*Contains: Milk*

**Cappuccino** £2.95

*Contains: Milk*

**Flat white** £2.95

*Contains: Milk*

**Latte** £2.95

*Contains: Milk*

**Selection of tea** £2.70

*Contains: Milk*

**Cafetiere of coffee** £2.95

*Contains: Milk*

**Hot chocolate** £2.95

*Contains: Milk*

**Cheshire Farm ice cream** choose three scoops from; £5.85

*Contains: Milk*

**Cheshire Farm ice cream** choose two scoops from; £3.90

*Contains: Milk*

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

*Contains: Milk*