



The Prae Wood Arms

Gluten Free Menu

~ Thursday 19th March 2020 ~

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

While You Wait

Brewdog Vagabond is refreshing and light-bodied with notes of tart citrus, pine and tropical fruit. 5.00

Starters

Pea and mint soup with GF bread and butter (v) 5.95

Onion and carrot bhaji served with cucumber, spring onions, and a mango dressing (vg) 6.25

Chicken liver pâté with spicy tomato chutney and GF toast 6.95

Tempura king prawns watermelon, spring onion and coriander salad with a chilli dressing 7.25

Wild mushroom and truffle arancini with a spicy arrabbiata sauce and parmesan crisp 5.75

Nibbles

Nocellara olives marinated in olive oil (v) 3.95

Mussels in garlic butter 4.95

BBQ chicken wings 5.25

Mains

10oz Rump steak, Dijon and tarragon butter, portobello mushrooms, tomatoes, and chips 19.95

Braised shoulder of lamb dauphinoise, carrot mash and rosemary gravy 17.45

Deep-fried cod in beer batter with chips, mushy peas, and tartare sauce 14.25

Honey roast ham (served cold) with egg and chips 12.95

Poached salmon salad new potatoes, spinach, samphire, and horseradish cream 14.95

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.



Sides

Fries 3.75
Buttered vegetables 3.95

Chunky chips 3.75

Children's Menu

Fish fingers with chips and peas 6.75

Chicken goujons with chips and peas 6.95

Penne pasta with grated cheese (v) 5.95

Puddings, Ice Cream and Cheese

Dark chocolate brownie, chocolate sauce and Bailys ice cream 6.45

Sticky toffee pudding with toffee sauce and vanilla ice cream 6.45

Creme brulee and shortbread biscuits 6.25

Cheshire Farm Ice Cream; choose three scoops from: vanilla, strawberry, chocolate, baileys, lemon curd, honeycomb or banoffee 5.70

Cheshire Farm sorbet ; choose three scoops from: lemon, rhubarb, mango, cherry or apple (vg) 5.70

A selection of six cheese, GF biscuits and chutney to share: Oxford Blue, Barber's vintage Cheddar, Kidderton Ash goats', Brie, Munster Fermier and Spenwood sheep's 11.95

Hot Drinks

Tea (including herbal) 2.50

Cafetière coffee 2.85

Espresso (double) 3.25

Espresso (single) 2.85

Latte 2.95

Coffee and Small Puddings

Choose a mini version of our puddings with tea or coffee of your choice 6.95

Sticky toffee pudding

Warm chocolate brownie



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With Allergen Information

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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

Brewdog Vagabond is refreshing and light-bodied with notes of tart citrus, pine and tropical fruit. £5.00

Starters

Pea and mint soup with GF bread and butter (v) £5.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

Onion and carrot bhaji served with cucumber, spring onions, and a mango dressing (vg) £6.25

Contains: Mustard

Chicken liver pâté with spicy tomato chutney and GF toast £6.95

Contains: Egg, Milk, Sulphur Dioxide

Tempura king prawns watermelon, spring onion and coriander salad with a chilli dressing £7.25

Contains: Crustaceans, Sesame, Sulphur Dioxide

Wild mushroom and truffle arancini with a spicy arrabbiata sauce and parmesan crisp £5.75

Contains: Egg, Milk, Celery, Sulphur Dioxide

Nibbles

Nocellara olives Nocellara olives marinated in olive oil (v) £3.95

Mussels in garlic butter £4.95

Contains: Molluscs, Milk

BBQ chicken wings £5.25

Contains: Celery, Mustard

Mains

10oz Rump steak, Dijon and tarragon butter, portobello mushrooms, tomatoes, and chips £19.95

Contains: Milk, Mustard, Sulphur Dioxide

Braised shoulder of lamb dauphinoise, carrot mash and rosemary gravy £17.45

Contains: Milk, Celery, Sulphur Dioxide

Deep-fried cod in beer batter with chips, mushy peas, and tartare sauce £14.25

Contains: Egg, Fish, Mustard, Sulphur Dioxide

Honey roast ham (served cold) with egg and chips £12.95

Contains: Egg, Mustard, Sulphur Dioxide

Poached salmon salad new potatoes, spinach, samphire, and horseradish cream £14.95

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



Sides

Fries £3.75

Buttered vegetables £3.95

Contains: Milk, Sulphur Dioxide

Chunky chips £3.75

Children's Menu

Fish fingers with chips and peas £6.75

Contains: Egg, Fish, Milk

Chicken goujons with chips and peas £6.95

Contains: Egg, Milk

Penne pasta with grated cheese (v) £5.95

Contains: Egg, Milk, Sulphur Dioxide

Puddings, Ice Cream and Cheese

Dark chocolate brownie, chocolate sauce and Baily's ice cream £6.45

Contains: Egg, Soya, Milk

Sticky toffee pudding with toffee sauce and vanilla ice cream £6.45

Contains: Egg, Soya, Milk

Crème brûlée and shortbread biscuits £6.25

Contains: Egg, Milk

Cheshire Farm Ice Cream; choose three scoops from: vanilla, strawberry, chocolate, baileys, lemon curd, honeycomb or banoffee £5.70

Contains: Peanuts, Nuts, Soya, Milk

Cheshire Farm sorbet ; choose three scoops from: lemon, rhubarb, mango, cherry or apple (vg) £5.70

Contains: Milk

A selection of six cheese, GF biscuits and chutney to share: Oxford Blue, Barber's vintage Cheddar, Kidderton Ash goats', Brie, Munster Fermier and Spenwood sheep's £11.95

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

Hot Drinks

Tea (including herbal) £2.50

Contains: Egg, Soya, Milk

Cafetière coffee £2.85

Contains: Egg, Soya, Milk

Espresso (double) £3.25

Contains: Egg, Soya, Milk

Espresso (single) £2.85

Contains: Egg, Soya, Milk

Latte £2.95

Contains: Egg, Soya, Milk



Coffee and Small Puddings

Choose a mini version of our puddings with tea or coffee of your choice £6.95

Sticky toffee pudding £6.95

Contains: Egg, Soya, Milk

Warm chocolate brownie £6.95

Contains: Egg, Soya, Milk

Broccoli and stilton quiche served with new potato salad (v) £8.95

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

Marinated tofu and butternut squash quinoa salad (vg) £8.95

Contains: Soya, Celery, Mustard, Sulphur Dioxide

