

# The Red Fox

## Gluten Free Menu

~ Wednesday 22nd September 2021 ~

### Nibbles

Garlic and chilli King prawns 6.95  
Halloumi fries, tomato salsa 5.95  
Watermelon, feta cheese, mint, toasted seeds 4.95  
Pork chipolatas, honey mustard 4.95  
Nocellara olives (vg) 3.95

### Starters

Spicy sweetcorn soup, red pepper and sweetcorn salsa, GF bread, butter 5.95  
Smoked mackerel salad, orange, beetroot and fennel, horseradish cream 7.95  
Soy and sesame marinated salmon with radish, ginger and cucumber salad 8.95  
Allotment salad seasonal vegetables and salad, basil dressing and toasted seeds 6.25

### Light Bites

Broccoli, red onion, stilton quiche, new potato salad 9.95

### Mains

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  
10oz rump, Dijon tarragon butter, portobello mushrooms, tomato, chips 23.95  
Honey roasted ham (served cold) with free range eggs and chips 13.95/10.95  
Grilled sea bass fillets with crab croquette, pea purée and sauce vierge 16.95  
Buttercross Farm pork and onion marmalade sausages, buttered mash potatoes, onion gravy 13.95  
Steak and ale pie, mash, buttered greens, red wine gravy 14.95  
Roast belly pork, tenderloin, black pudding potato cake, bramley apple, vegetables and cider sauce 15.95  
Appleby's Cheshire cheese, onion and potato pie, buttered greens, red currant gravy (V) 13.95  
Braised shoulder of lamb, dauphinoise potatoes, rosemary gravy 18.95

### Sides

Chunky chips 3.75  
Fries 3.75  
Buttered vegetables 3.95  
Beer battered onion rings 3.95  
Peppercorn sauce 2.50

### Childrens Menu

Chicken goujons, chips, peas 6.95  
Fish fingers, chips and peas 6.95  
Tomato and basil pasta, cheese 5.95  
5oz rump steak, fries, peas 8.95  
Triple chocolate brownie, vanilla ice cream 3.95  
Sticky toffee pudding, 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

Triple chocolate brownie, chocolate sauce, vanilla ice cream 6.95

Sticky toffee pudding, toffee sauce, vanilla ice cream 6.95

## Ice Creams and Sorbets

Choose from one, two or three scoops 1.95 / 3.90 / 5.85

Vanilla, strawberry, chocolate, salted caramel, cinnamon and honeycomb

## Coffees and Hot Drinks

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

Add a splash of hazlenut, vanilla or caramel syrup to any hot drink for an extra 60p

## Hot Drink with a Small Pudding

Triple chocolate brownie, vanilla ice cream 6.95

Sticky toffee pudding, vanilla ice cream 6.95

# The Red Fox

## 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

**Garlic and chilli King prawns** £6.95

*Contains: Crustaceans, Milk*

**Halloumi fries, tomato salsa** £5.95

*Contains: Milk*

**Watermelon, feta cheese, mint, toasted seeds** £4.95

*Contains: Milk*

**Pork chipolatas, honey mustard** £4.95

*Contains: Mustard, Sulphur Dioxide*

**Nocellara olives (vg)** £3.95

### Starters

**Spicy sweetcorn soup, red pepper and sweetcorn salsa, GF bread, butter** £5.95

*Contains: Egg, Milk, Celery*

**Smoked mackerel salad, orange, beetroot and fennel, horseradish cream** £7.95

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

**Soy and sesame marinated salmon with radish, ginger and cucumber salad** £8.95

*Contains: Fish, Soya, Sesame*

**Allotment salad** seasonal vegetables and salad, basil dressing and toasted seeds £6.25

*Contains: Mustard, Sulphur Dioxide*

### Light Bites

**Broccoli, red onion, stilton quiche, new potato salad** £9.95

*Contains: Egg, Milk, Sulphur Dioxide*

### Mains

**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*

**10oz rump, Dijon tarragon butter, portobello mushrooms, tomato, chips** £23.95

*Contains: Milk, Mustard, Sulphur Dioxide*

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

*Contains: Egg, Mustard, Sulphur Dioxide*

**Grilled sea bass fillets with crab croquette**, pea purée and sauce vierge £16.95

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

**Buttercross Farm pork and onion marmalade sausages**, buttered mash potatoes, onion gravy £13.95

*Contains: Milk, Celery, Sulphur Dioxide*

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

*Contains: Milk, Sulphur Dioxide*

**Roast belly pork, tenderloin**, black pudding potato cake, bramley apple, vegetables and cider sauce £15.95

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

**Appleby's Cheshire cheese, onion and potato pie**, buttered greens, red currant gravy (V) £13.95

*Contains: Egg, Milk, Sulphur Dioxide*

**Braised shoulder of lamb**, dauphinoise potatoes, rosemary gravy £18.95

*Contains: Milk, Celery, Sulphur Dioxide*

## Sides

Chunky chips £3.75

Fries £3.75

Buttered vegetables £3.95

*Contains: Milk, Sulphur Dioxide*

Beer battered onion rings £3.95

Peppercorn sauce £2.50

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

## Childrens Menu

**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*

**Sticky toffee pudding, vanilla ice cream** £3.95

*Contains: Egg, Milk*

## Puddings

**Triple chocolate brownie**, chocolate sauce, 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

**Choose from one, two or three scoops** 1.95 / 3.90 / 5.85

Vanilla, strawberry, chocolate, salted caramel, cinnamon and honeycomb

## 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*

Add a splash of hazlenut, vanilla or caramel syrup to any hot drink for an extra 60p

## 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*

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

*Contains: Milk*

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

*Contains: Milk*

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

*Contains: Milk*