



The Red Lion

Gluten Free Menu

~ Wednesday 22nd September 2021 ~

Starters and Nibbles

Deep-fried West Country Brie , apricot carrot chutney and candied pecan salad 6.95

Prawn cocktail, buttered GF seeded bread 8.95

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

Nocellara olives (vg) 3.95

BBQ chicken wings 5.75

Garlic and chilli King prawns 6.95

Warm chorizo sausage, roquito peppers 5.95

Halloumi fries, tomato salsa 5.95

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

Smoked salmon, asparagus and spinach quiche, crème fraîche new potatoes, tomatoes, samphire, peashoots 9.95

Appleby's Cheshire cheese, onion and potato pie, buttered greens, gravy (v) 13.95

Sweet potato, aubergine and spinach Malaysian curry coconut rice, pak choi (vg) 13.95

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

Chicken, ham and leek pie buttered mash potatoes, greens, white wine and tarragon sauce 14.95

Braised shoulder of lamb, crushed minted new potatoes, rosemary gravy 18.95

Sides

Chunky chips 3.75

Fries 3.75

Buttered vegetables 3.95

Minted buttered new potatoes 3.95

Mixed salad (vg) 3.95

Beer battered onion rings 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.





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

Puddings

Triple chocolate brownie, chocolate sauce, vanilla ice cream 6.95
Sticky toffee pudding, toffee sauce, vanilla ice cream 6.95
Lemon cheesecake with cherry sorbet 6.95

Ice Creams and Sorbets

Cheshire Farm ice cream choose three scoops from; vanilla, chocolate, honeycomb, mint chocolate chip, strawberry, salted caramel, raspberry ripple, raspberry sorbet, blackcurrant sorbet, cherry sorbet 5.85
Cheshire Farm ice cream choose two scoops from; vanilla, chocolate, honeycomb, mint chocolate chip, strawberry, salted caramel, raspberry ripple, raspberry sorbet, blackcurrant sorbet, cherry sorbet 3.90
Cheshire Farm ice cream choose one scoop from; vanilla, chocolate, honeycomb, mint chocolate chip, strawberry, salted caramel, raspberry ripple, raspberry sorbet, blackcurrant sorbet, cherry sorbet 1.95

Coffees and Hot Drinks

Cafetiere of coffee 2.95
Latte 2.95
Americano 2.95

Double Espresso 3.45
Selection of tea 2.70
Hot chocolate 2.95

Hot Drink with a Small Pudding

Triple chocolate brownie, vanilla ice cream 6.95
Sticky toffee pudding, vanilla ice cream 6.95

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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.

Starters and Nibbles

Deep-fried West Country Brie, apricot carrot chutney and candied pecan salad £6.95

Contains: Egg, Nuts, Milk, Celery

Prawn cocktail, buttered GF seeded bread £8.95

Contains: Crustaceans, Egg, Milk, Mustard

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

Contains: Egg, Milk, Sulphur Dioxide

Nocellara olives (vg) £3.95

BBQ chicken wings £5.75

Contains: Celery, Mustard

Garlic and chilli King prawns £6.95

Contains: Crustaceans, Milk

Warm chorizo sausage, roquito peppers £5.95

Contains: Soya, Milk

Halloumi fries, tomato salsa £5.95

Contains: Milk

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

Smoked salmon, asparagus and spinach quiche, crème fraîche new potatoes, tomatoes, samphire, peashoots £9.95

Contains: Egg, Fish, Milk

Appleby's Cheshire cheese, onion and potato pie, buttered greens, gravy (v) £13.95

Contains: Egg, Milk, Sulphur Dioxide

Sweet potato, aubergine and spinach Malaysian curry coconut rice, pak choi (vg) £13.95

Contains: Sulphur Dioxide

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

Contains: Nuts, Soya, Celery

Chicken, ham and leek pie buttered mash potatoes, greens, white wine and tarragon sauce £14.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

Braised shoulder of lamb, crushed minted new potatoes, rosemary gravy £18.95

Contains: Soya, Milk, Celery, Sulphur Dioxide

Sides

Chunky chips £3.75

Fries £3.75

Buttered vegetables £3.95

Contains: Milk, Sulphur Dioxide

Minted buttered new potatoes £3.95

Contains: Milk

Mixed salad (vg) £3.95

Beer battered onion rings £3.95

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

Lemon cheesecake with cherry sorbet £6.95

Contains: Egg, Milk, Sulphur Dioxide

Ice Creams and Sorbets

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

Coffees and Hot Drinks

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Cafetiere of coffee £2.95

Contains: Milk

Latte £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

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

vanilla

Contains: Milk

chocolate

Contains: Milk

honeycomb

Contains: Milk

mint chocolate chip

Contains: Soya, Milk

strawberry

Contains: Milk

salted caramel

Contains: Milk

raspberry ripple

Contains: Milk

raspberry sorbet

blackcurrant sorbet

cherry sorbet