

The Rowbarge

Gluten Free Menu

~ Friday 20th March 2020 ~

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

STARTERS, NIBBLES AND THINGS TO SHARE

Roast tomato and red pepper with crusty bread & butter 5.95

Garlic prawns 5.95

Nocellara olives 4.25

Black pudding chipolatas with apple sauce 4.95

Warm crispy beef with sweet chilli sauce 5.95

MAINS

Deep-fried cod in beer batter with chips, mushy peas and tartare sauce 13.95

Honey roasted ham (served cold) with free range eggs and chips 11.95

Pork and leek sausages with mash, buttered greens and onion gravy 12.45

Aubergine and chick pea curry, with onion bhaji, pilau rice and raita 12.95

Fish pie with salmon, smoked haddock, egg and prawns with French style peas 14.95

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

Lighter Things

Open prawn Marie Rose on granary bloomer 7.95

Smoked haddock and salmon fishcake with tomato salad 10.95

Crispy beef salad with sweet chilli sauce and roasted cashew nuts 13.95

Spring onion, leek and cheddar quiche with creme fraiche potato salad 9.75

Side orders

Chunky chips 3.50

Beer battered onion rings 3.25

Fries 3.50

Children's Menu

Tomato and basil penne pasta with grated cheese 5.95

Fish fingers with chips and peas 6.75

Chicken goujons with chips and peas 6.95



Puddings, Ice Cream and Cheese

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

Triple chocolate brownie with chocolate sauce and vanilla ice cream 6.45

Ginger syrup sponge with rum and raisin ice cream 6.95

Crème brûlée with GF shortbread biscuits 6.25

Cheshire Dairy ice cream - served with home made **GF shortbread biscuit** choose from: vanilla, malt tease, chocolate, honeycomb, rum and raisin or strawberry. or

3 Scoops 5.25 / 1 Scoop 1.75

Cheshire Dairy sorbet - choose from: mango, lemon, raspberry or strawberry. or

3 Scoops 5.25 / 1 Scoop 1.75

A selection of British farmhouse cheeses with gluten free biscuits; Godminster cheddar, Colston Bassett, Oxfrud Isis, Golden Cross, Cornish Brie and Berkswell cheese, with crackers, grapes and chutney.

Hot Drinks

GF Espresso (single) 2.85

Espresso (double) 3.25

Cafetière coffee 2.85

Cappuccino 2.95

GF Tea (including herbal) 2.50

Latte 2.95

Coffee and a Small Pudding

Sticky toffee pudding, with toffee sauce and vanilla ice cream

Warm chocolate brownie

Crème Brûlée with GF shortbread

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.



The Rowbarge

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.

STARTERS, NIBBLES AND THINGS TO SHARE

Roast tomato and red pepper with crusty bread & butter £5.95

Contains: Egg, Milk, Celery, Sesame

Garlic prawns £5.95

Contains: Crustaceans, Milk

Black pudding chipolatas with apple sauce £4.95

Contains: Soya, Milk, Sulphur Dioxide

Nocellara olives £4.25

Warm crispy beef with sweet chilli sauce £5.95

Contains: Soya

MAINS

Deep-fried cod in beer batter with chips, mushy peas and tartare sauce £13.95

Contains: Egg, Fish, Mustard, Sulphur Dioxide

Honey roasted ham (served cold) with free range eggs and chips £11.95

Contains: Egg, Mustard, Sulphur Dioxide

Pork and leek sausages with mash, buttered greens and onion gravy £12.45

Contains: Milk, Celery, Sulphur Dioxide

Aubergine and chick pea curry, with onion bhaji, pilau rice and raita £12.95

Fish pie with salmon, smoked haddock, egg and prawns with French style peas £14.95

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

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

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

Lighter Things

Open prawn Marie Rose on granary bloomer £7.95

Contains: Crustaceans, Egg, Fish, Soya, Milk, Celery, Mustard, Sulphur Dioxide

Smoked haddock and salmon fishcake with tomato salad £10.95

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

Crispy beef salad with sweet chilli sauce and roasted cashew nuts £13.95

Contains: Nuts, Soya

Spring onion, leek and cheddar quiche with creme fraiche potato salad £9.75

Contains: Egg, Milk, Mustard, Sulphur Dioxide



Side orders

- Chunky chips £3.50
Fries £3.50
Beer battered onion rings £3.25

Children's Menu

- Tomato and basil penne pasta** with grated cheese £5.95
Contains: Egg, Milk, Sulphur Dioxide
- Fish fingers** with chips and peas £6.75
Contains: Egg, Fish, Milk
- Chicken goujons** with chips and peas £6.95
Contains: Egg, Milk

Puddings, Ice Cream and Cheese

- Sticky toffee pudding**, with toffee sauce and vanilla ice cream £6.25
Contains: Egg, Soya, Milk, Sulphur Dioxide
- Triple chocolate brownie** with chocolate sauce and vanilla ice cream £6.45
Contains: Egg, Soya, Milk
- Ginger syrup sponge** with rum and raisin ice cream £6.95
Contains: Egg, Soya, Milk
- Crème brûlée** with GF shortbread biscuits £6.25
Contains: Egg, Milk

choose from: vanilla, malt tease, chocolate, honeycomb, rum and raisin or strawberry.

choose from: mango, lemon, raspberry or strawberry.

A selection of **British farmhouse cheeses with gluten free biscuits**; Godminster cheddar, Colston Bassett, Oxfrud Isis, Golden Cross, Cornish Brie and Berkswell cheese, with crackers, grapes and chutney.

Hot Drinks

- GF Espresso (single) £2.85
Contains: Egg, Soya, Milk
- Espresso (double) £3.25
Contains: Egg, Soya, Milk
- Cafetière coffee £2.85
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, with toffee sauce and vanilla ice cream £6.25

Contains: Egg, Soya, Milk, Sulphur Dioxide

Warm chocolate brownie £6.95

Contains: Egg, Soya, Milk

Creme Brûlée with GF shortbread £6.95

Contains: Egg, Milk

