

The Sparrowhawk

Gluten Free Menu

~ Monday 20th September 2021 ~

Starters and Nibbles

- Roasted tomato and basil soup, GF bread, butter 5.95
Chicken liver pâté, carrot and apricot chutney, GF toast 6.95
Prawn cocktail, buttered GF seeded bread 8.95
- | | |
|--|------------------------------------|
| Halloumi fries, tomato salsa 5.95 | Garlic and chilli King prawns 6.95 |
| Crispy chilli beef with cashew nuts 6.75 | Mixed marinated olives (vg) 3.95 |

Sunday Roasts and Mains

- Roast loin of pork, sage and onion stuffing, roast potatoes, vegetables, gravy, apple sauce 14.95/10.95
Braised shoulder of lamb, roast potatoes, vegetables, rosemary gravy 18.95
Butternut squash, cashew, chestnut and spinach nut roast, vegetable gravy 13.75
Deep fried cod in beer batter, chips, mushy peas, tartare sauce 14.95/10.95
Crispy beef salad, sweet chilli sauce, roasted cashew nuts 13.95
Honey roasted ham (served cold) with free range eggs and chips 13.95/10.95
Buttercross Farm pork and leek sausages, buttered mash potatoes, onion gravy 13.95/10.95
Fish pie; salmon, smoked haddock and prawns with French style peas 16.95
Steak and ale pie, mash, buttered greens, red wine gravy 14.95
Appleby's Cheshire cheese, onion and potato pie with buttered greens, beetroot, white wine and mustard sauce 13.95
Grilled sea bass fillets with crab croquette, pea purée and sauce vierge 16.95
10oz Sirloin, Dijon and tarragon butter, portobello mushrooms, tomato, chips 25.95
Smoked salmon, asparagus and spinach quiche, crème fraîche new potatoes, tomatoes, samphire, peashoots 9.95

Sides

- | | |
|-------------------|--------------------------|
| Chunky chips 3.75 | Buttered vegetables 3.95 |
| Fries 3.75 | |

Childrens Menu

- | | |
|-----------------------------------|--|
| Roast pork 8.95 | Tomato and basil pasta, cheese 5.95 |
| Chicken goujons, chips, peas 6.95 | Triple chocolate brownie, vanilla ice cream 3.95 |
| Fish fingers, chips and peas 6.95 | Sticky toffee pudding, vanilla ice cream 3.95 |

Puddings

- Triple chocolate brownie, chocolate sauce, vanilla ice cream 6.95
Creme brulee with shortbread 6.95
Sticky toffee pudding, toffee sauce, vanilla ice cream 6.95
Box Flapjacks available to enjoy in the comfort of your own home 4.95

Ice Creams and Sorbets

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

Coffees and Hot Drinks

- | | |
|--------------------------|---------------|
| Cafetiere of coffee 2.95 | Espresso 2.45 |
|--------------------------|---------------|



The Sparrowhawk

Gluten Free Menu

With Allergen Information

~ Monday 20th 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

Roasted tomato and basil soup, GF bread, butter £5.95

Contains: Egg, Milk, Celery, Sulphur Dioxide

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

Contains: Egg, Milk, Sulphur Dioxide

Prawn cocktail, buttered GF seeded bread £8.95

Contains: Crustaceans, Egg, Milk, Mustard

Halloumi fries, tomato salsa £5.95

Contains: Milk

Crispy chilli beef with cashew nuts £6.75

Contains: Nuts, Soya, Celery

Garlic and chilli King prawns £6.95

Contains: Crustaceans, Milk

Mixed marinated olives (vg) £3.95

Sunday Roasts and Mains

Roast loin of pork, sage and onion stuffing, roast potatoes, vegetables, gravy, apple sauce £14.95

Contains: Milk, Celery, Sulphur Dioxide

Braised shoulder of lamb, roast potatoes, vegetables, rosemary gravy £18.95

Contains: Milk, Celery, Sulphur Dioxide

Butternut squash, cashew, chestnut and spinach nut roast, vegetable gravy £13.75

Contains: Nuts, Celery, Sulphur Dioxide

Deep fried cod in beer batter, chips, mushy peas, tartare sauce £14.95

Contains: Egg, Fish, Sulphur Dioxide

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

Contains: Nuts, Soya, Celery

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

Contains: Egg, Mustard, Sulphur Dioxide

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

Contains: Milk, Celery, Sulphur Dioxide

Fish pie; salmon, smoked haddock and prawns with French style peas £16.95

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

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

Contains: Milk, Sulphur Dioxide

Appleby's Cheshire cheese, onion and potato pie with buttered greens, beetroot, white wine and mustard sauce £13.95

Contains: Egg, Milk, Celery, 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

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

Contains: Milk, Mustard, Sulphur Dioxide

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

Contains: Egg, Fish, Milk

Sides

Chunky chips £3.75

Fries £3.75

Buttered vegetables £3.95

Contains: Milk, Sulphur Dioxide

Childrens Menu

Roast pork £8.95

Contains: Milk, Celery, Sulphur Dioxide

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

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

Creme brulee with shortbread £6.95

Contains: Egg, Milk, Sulphur Dioxide

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

Contains: Egg, Soya, Milk

Box Flapjacks available to enjoy in the comfort of your own home £4.95

Contains: Milk

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

Cafetiere of coffee £2.95

Contains: Milk

Cappuccino £2.95

Contains: Milk

Latte £2.95

Contains: Milk

Flat white £2.95

Contains: Milk

Americano £2.95

Contains: Milk

Espresso £2.45

Contains: Milk

Double Espresso £3.45

Contains: Milk

Hot chocolate £2.95

Contains: Milk

Selection of tea £2.70

Contains: Milk

strawberry

Contains: Milk

chocolate

Contains: Milk

raspberry ripple

Contains: Milk

vanilla

Contains: Milk

salted caramel

Contains: Milk

lemon sorbet

raspberry sorbet

blackcurrant sorbet