

# The White Hart Cadnam

## Gluten Free Menu

~ Tuesday 21st September 2021 ~

### Starters and nibbles

Leek and potato soup with bread and butter 5.95

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

Prawn cocktail, buttered GF seeded bread 8.95

Garlic and chilli King prawns 6.95

Nocellara olives (vg) 3.95

BBQ chicken wings 5.75

### Mains

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

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

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

Mushroom bourguignon pie, red wine gravy, sautéed greens (vg) 13.95

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

Fragrant Thai chicken salad, coconut and lime dressing, pak choi, mango 14.95

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

Honey roasted ham (served cold) with free range eggs and chips 13.95/10.95

Braised shoulder of lamb, minted new potatoes, seasonal vegetables, rosemary gravy 18.95

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

### Sides

Chunky chips 3.75

Mixed salad (vg) 3.95

Fries 3.75

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, raspberry sorbet 6.95

Eton mess, strawberries, vanilla cream, broken meringue and raspberry sauce 6.75

## Ice Creams and Sorbets

Cheshire Farm ice cream choose three scoops from; 5.85

Cheshire Farm ice cream choose two scoops from; 3.90

Cheshire Farm ice cream choose one scoop from; 1.95

## 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

## Hot Drink with a Small Pudding

Triple chocolate brownie, vanilla ice cream 6.95

Sticky toffee pudding, vanilla ice cream 6.95

# The White Hart Cadnam

## Gluten Free Menu

With Allergen Information

~ Tuesday 21st 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

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**Leek and potato soup** with bread and 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*

**Garlic and chilli King prawns** £6.95

*Contains: Crustaceans, Milk*

**BBQ chicken wings** £5.75

*Contains: Celery, Mustard*

**Nocellara olives (vg)** £3.95

### Mains

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

*Contains: Milk, Mustard, Sulphur Dioxide*

**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*

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

*Contains: Milk, Sulphur Dioxide*

**Mushroom bourguignon pie**, red wine gravy, sautéed greens (vg) £13.95

*Contains: 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*

**Fragrant Thai chicken salad**, coconut and lime dressing, pak choi, mango £14.95

*Contains: Fish, Sulphur Dioxide*

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

*Contains: Egg, Milk, Sulphur Dioxide*

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

*Contains: Egg, Mustard, Sulphur Dioxide*

**Braised shoulder of lamb**, minted new potatoes, seasonal vegetables, rosemary gravy £18.95

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

**Crispy beef salad**, sweet chilli sauce, roasted cashew nuts £13.95  
*Contains: Nuts, Soya, Celery*

## Sides

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Chunky chips £3.75  
Fries £3.75  
Mixed salad (vg) £3.95

## Childrens Menu

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**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

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**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**, raspberry sorbet £6.95  
*Contains: Egg, Milk, Sulphur Dioxide*

**Eton mess**, strawberries, vanilla cream, broken meringue and raspberry sauce £6.75  
*Contains: Egg, Milk*

## Ice Creams and Sorbets

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**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*

**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*

## Hot Drink with a Small Pudding

**Triple chocolate brownie**, vanilla ice cream £6.95

*Contains: Egg, Soya, Milk*

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

*Contains: Egg, Milk*