

# The White Hart

## Gluten Free Menu

~ Wednesday 22nd September 2021 ~

### Starters and Nibbles

Carrot and ginger soup, GF bread 5.95

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

Prawn cocktail, buttered GF seeded bread 8.95

Halloumi fries, tomato salsa 5.95

Nocellara olives (vg) 3.95

Beer battered king prawns, sriracha mayonnaise 5.95

BBQ chicken wings 5.75

Pork chipolatas, honey mustard 4.95

### Mains

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

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

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

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

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

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

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

Broccoli and Stilton quiche, crème fraîche new potatoes, baby gem, grapes, caramelised pecans 9.95

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

### Sides

Chunky chips 3.75

Peppercorn sauce 2.50

Mixed salad (vg) 3.95

Buttered vegetables 3.95

Fries 3.75

Beer battered onion rings 3.95

Truffle and parmesan Fries 4.75

### Childrens Menu

Fish fingers, chips and peas 6.95

Triple chocolate brownie, vanilla ice cream 3.95

Tomato and basil pasta, cheese 5.95

Sticky toffee pudding, vanilla ice cream 3.95

5oz rump steak, fries, peas 8.95

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

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

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

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

## Ice Creams and Sorbets

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**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

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**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

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

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

# The White Hart

## 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

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**Carrot and ginger soup**, GF bread £5.95

*Contains: Egg, Milk, Celery*

**Chicken liver pâté**, carrot and apricot chutney, GF seeded 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*

**Nocellara olives (vg)** £3.95

**Beer battered king prawns**, sriracha mayonnaise £5.95

*Contains: Crustaceans, Egg, Mustard*

**BBQ chicken wings** £5.75

*Contains: Celery, Mustard*

**Pork chipolatas, honey mustard** £4.95

*Contains: Mustard, Sulphur Dioxide*

### Mains

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

*Contains: Fish, 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*

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

*Contains: Nuts, Soya, Celery*

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

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

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

*Contains: Milk, Mustard, Sulphur Dioxide*

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

*Contains: Milk, Sulphur Dioxide*

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

*Contains: Egg, Mustard, Sulphur Dioxide*

**Broccoli and Stilton quiche**, crème fraîche new potatoes, baby gem, grapes, caramelised pecans £9.95

*Contains: Egg, Nuts, Milk, Celery*

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

*Contains: Sulphur Dioxide*

## Sides

Chunky chips £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*

Fries £3.75

Truffle and parmesan Fries £4.75

*Contains: Milk*

Mixed salad (vg) £3.95

## Childrens Menu

**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

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

*Contains: Egg, Soya, Milk*

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

*Contains: Egg, Milk*

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

*Contains: Egg, Soya, 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*

**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

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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*