



Gluten Free Menu

NIBBLES

- Belly Pork in Cider Glaze
- Potato Wedges & Tomato Chutney
- Silver & Green Rosemary & Garlic Olives
- Salted Mixed Nuts

(One for £2.95 or three for £8.50)

STARTERS

- Homemade Soup of the Day** £4.95
gluten free farmhouse bread
- Creamy Garlic Mushrooms** £5.95
baked with Cumbrian cheddar, salad & gluten free farmhouse bread
- Shredded Confit Duck Leg Salad** £7.25
Hawkshead chilli jam, sesame & honey roasted cashew nuts
- Prawn & Crayfish Cocktail** £7.25
sun blushed tomatoes, dill mayonnaise & gluten free bread

PENNINGTON MAINS

- Local Fish in Gluten Free Batter** £11.95
chips, mushy peas & tartare sauce
- 12oz Gammon Steak** £14.95
chips, mushroom, tomato & peas
- Thai Red King Prawn or Chicken Curry** £14.95
fresh lime, coriander, rice & poppadom
- Peppered Venison Casserole** £13.95
rice & gluten free bread
- Sweet Potato, Spinach & Butter Bean Cassoulet** £10.95
gremolata & gluten free bread
- Pan Roast Chicken Breast** £14.95
wild mushroom pearl onion & Cumbrian pancetta fricassee, mashed potato & garlic & rosemary jus
- 8oz Sirloin Steak** £16.95
chips, mushroom & tomato
- Lakeland Lamb Stew** £12.95
gluten free farmhouse bread

SAUCES & SIDES

- Gravy, Diane, Peppercorn, Black Dub Blue Cheese** £2.50
- Hand Cut Chips or Fries** £2.50
- Onion Rings** £2.50
- Mixed Salad** £2.50
- Seasonal Vegetables** £2.50
- Chilli Beef Fries with Cheese** £4.25
- Cheesy Chips** £3.00

DESSERTS

- Gluten Free Sticky Toffee Pudding** £5.95
toffee sauce & vanilla ice cream
- Chocolate Mousse** £5.95
passion fruit & hazelnut crumb
- Iced Lemon Parfait** £5.95
lemon curd & meringue
- Warm Gluten Free Brownie** £5.95
chocolate sauce & vanilla ice cream
- Selection of English Lakes Ice Cream** £4.95



Our team are fully aware of the contents of all dishes and are happy to discuss any individual dietary requirements, intolerances and allergies.

Weights - all weights are approximate uncooked measurements. All dishes include VAT @ 20%.

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Please ask a member of our team for vegan options.