

C^{the}RAVEN HEIFER
INN
K E L B R O O K

GLUTEN FREE MENU

STARTERS

Garlic Tiger Prawns	8
Halloumi Fries	8
halloumi fries with sweet chilli mayo	
Cajun Chicken Strips	7.50
with garlic mayonnaise	
Creamy Garlic Mushrooms	6.50
sauteed button mushrooms with garlic, thyme, white wine and cream on toasted gluten free bread	
Queen Scallops.	9.50
with a cream and chorizo sauce, petit pois, croutons and gruyere cheese	
Craven Heifer Sharing Platter	15
Cajun chicken strips, garlic tiger prawns and halloumi fries served with three dips	

MAIN COURSES

Chicken Caesar Salad	13
baby cos lettuce with golden croutons & crispy bacon in a creamy anchovy dressing, topped with anchovies and parmesan shavings	
6oz Fillet Steak - <i>peppered on request</i>	25
pan fried on a bacon and onion rosti potato with tenderstem broccoli, chantenay carrots and green peppercorn sauce	
Grilled Seabass	18
grilled seabass fillets on a sautéed new potato, tiger prawn, tomato and bacon salad	
Slow Roast Blade of Beef	14
with roast potatoes, roast carrots and parsnips, green beans and rich pan gravy	

Chicken Burger	14
southern fried chicken burger with cos lettuce, sliced tomato, mayonnaise, fries and a red cabbage, coriander and lime slaw	
Chicken Fillet	16
prime roasted chicken fillet on bacon and onion rosti potato, with chantenay carrots, tenderstem broccoli and mushroom, shallot, garlic, brandy and dijon mustard stroganoff sauce	
Chicken or Vegetable Curry.	13
chicken breast or braised vegetables in a coconut curry sauce finished with fresh coriander and mango chutney on braised vegetable rice with garlic	
Sunday Roast Sundays only.	Beef/Chicken 14 Lamb 16 All Three 18
slow roast blade of beef, roast shoulder or roast breast of chicken, with roast potatoes , mash, honey roast carrots and parsnips, green beans and rich pan gravy	

DESSERT

Eton Mess.	6.50
a jumble of mixed berries, meringue and toffee sauce topped with Chantilly cream	

SANDWICHES

all available on gluten free sliced white bread or brioche

Crispy Cajun Chicken	10
with cos lettuce, tomato, garlic mayonnaise and skinny fries	
Hot Roast Beef	11
with pickled red onion with horseradish mayonnaise and skinny fries	
Prawn, Crayfish & Marie Sauce	7.50
with dressed leaves	
Cheese Savoury	7
classic cheese savoury filling with dressed leaves	

*20% off Starters, Mains and Desserts between 12pm and 5.30pm
Mon-Fri
see main menu for details*