

**the**  
**CRAVEN HEIFER**  
**INN**  

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**K E L B R O O K**

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**GLUTEN FREE MENU**

**STARTERS**

Garlic Tiger Prawns .....	8
Halloumi Fries .....	7.50
with tsatziki	
Cajun Chicken Strips .....	8
with garlic mayonnaise	
Creamy Garlic Mushrooms .....	7.50
sauteed button mushrooms with garlic, thyme, white wine and cream on toasted gluten free bread	
Seared King Scallops. ....	12
on grilled black pudding & pea puree	
Craven Heifer Sharing Platter .....	15
cajun chicken strips, garlic tiger prawns and halloumi fries served with three dips	

**MAIN COURSES**

Chicken Caesar Salad .....	14
Baby cos lettuce & crispy pancetta 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	
Char Sui Chicken Burger .....	14.50
Grilled marinated chicken breast on sliced white bread with lettuce, tomato, spring onion, char sui mayo and fries	

Slow Roast Blade of Beef . . . . .	15
with roast potatoes, roast carrots and parsnips, green beans and rich pan gravy	
Lamb Shank . . . . .	19
In a rich gravy, minted champ mashed potatoes, carrot puree & tender stem broccoli	
Chicken Fillet . . . . .	16
prime roasted chicken fillet on bacon and onion rosti potato, with chantenay carrots, tenderstem broccoli and peppercorn sauce	
Sunday Roast Sundays only. . . . .	Beef/Chicken 15
slow roast blade of beef, roast shoulder or roast breast of chicken,	Lamb 16
with roast potatoes , mash, honey roast carrots and parsnips,	All Three 18
green beans and rich pan gravy	

## DESSERT

Iced Raspberry and Pistachio Parfait. . . . .	6.50
with pistachio pieces and raspberry coulis	
Crème Brulee . . . . .	6.50
With berry coulis	
Chocolate Brownie . . . . .	6.50
Topped with pecans, candid orange and vanilla ice cream	

## SANDWICHES

*all available on gluten free sliced white bread*

Crispy Cajun Chicken . . . . .	11
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 . . . . .	8.50
with dressed leaves	
Halloumi Sandwich . . . . .	11.50
hot halloumi with lettuce, tomato, tzatziki and fries	