

**C<sup>the</sup>RAVEN HEIFER**  
**INN**  
K E L B R O O K

**GLUTEN FREE MENU**

**STARTERS**

Garlic Tiger Prawns . . . . .	8
Halloumi Fries . . . . . halloumi fries with sweet chilli mayo	8
Cajun Chicken Strips . . . . . with garlic mayonnaise	7.50
Creamy Garlic Mushrooms . . . . . sauteed button mushrooms with garlic, thyme, white wine and cream on toasted gluten free bread	6.50
Seared King Scallops. . . . . on grilled black pudding & pea puree	12
Craven Heifer Sharing Platter . . . . . cajun chicken strips, garlic tiger prawns and halloumi fries served with three dips	15

**MAIN COURSES**

Chicken or Vegetable Curry . . . . . chicken breast or braised vegetables in a coconut curry sauce finished with fresh coriander & mango chutney, braised vegetable rice, with garlic flatbread	13
6oz Fillet Steak - <i>peppered on request</i> . . . . . pan fried on a bacon and onion rosti potato with tenderstem broccoli, chantenay carrots and green peppercorn sauce	25
Grilled Seabass . . . . . grilled seabass fillets on a sautéed new potato, tiger prawn, tomato and bacon salad	18
Slow Roast Blade of Beef . . . . . with roast potatoes, roast carrots and parsnips, green beans and rich pan gravy	14

Lamb Shank . . . . .	18
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 mushroom, shallot, garlic, brandy and dijon mustard stroganoff sauce	
Sunday Roast Sundays only. . . . .	Beef/Chicken 14
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**

Eton Mess. . . . .	6.50
a jumble of mixed berries, meringue and toffee sauce topped with Chantilly cream	
Crème Brulee . . . . .	6.50
With berry coulis	
Chocolate Brownie . . . . .	6.50
With candid orange and vanilla ice 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	