

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

GLUTEN FREE MENU

STARTERS

Pesto Tiger Prawns	9.50
Halloumi Fries	8
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	17
cajun chicken strips, garlic tiger prawns and halloumi fries served with three dips	

MAIN COURSES

Seabass Salad... ..	18.95
Seabass fillets on a sauteed new potato, tiger prawn, tomato and bacon salad	
6oz Fillet Steak - <i>peppered on request</i>25.95
pan fried on a bacon and onion rosti potato with tenderstem broccoli, chantenay carrots and green peppercorn sauce	
Slow Roast Blade of Beef	15.95
with roast potatoes, roast carrots and parsnips, green beans and rich pan gravy	
Lamb Shank	19.95
In a rich gravy, minted champ mashed potatoes, carrot puree & tender stem broccoli	

Chicken Fillet 16.95
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 16.95
with roast potatoes , mash, honey roast carrots and parsnips, All Three 19.95
green beans and rich pan gravy

DESSERT

Iced Raspberry and Pistachio Parfait. 6.95
with pistachio pieces and raspberry coulis

Crème Brulee6.95
With berry coulis

Chocolate Brownie6.95
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 Beef11
with pickled red onion with horseradish mayonnaise and skinny fries

Prawn, Crayfish & Marie Sauce8.50
with dressed leaves

Halloumi Sandwich 11.50
hot halloumi with lettuce, tomato, tzatziki and fries