

White Horse, Upton – Gluten Free Sunday menu

Starters

Soup of the day	£4.45 V	Seafood cocktail	£6.95
<i>Homemade soup with a gluten free roll</i>		<i>Prawn, crab and smoked salmon with Marie Rose sauce and gluten free bread and butter</i>	
Garlic mushrooms	£5.95 V	Pâté of the day	£POA
<i>Fresh mushrooms in a creamy garlic sauce served on toasted gluten free bread</i>		<i>Today's pâté served with gluten free toast</i>	

Sunday roast

All served with vegetables, roast potatoes and chef's own homemade gravy

Pork £7.75 - Lamb £9.95 - Beef £8.95 - Chicken £7.75

Speciality

Lamb tagine	£13.95	Chicken and chorizo jambalaya	£11.95
<i>Lamb tagine served with rice, rocket and Greek yogurt</i>		<i>Chicken and chorizo with spicy rice and peppers served with corn on the cob</i>	

Pub classic

Fish pie	£12.50	Ham and eggs	£8.95
<i>Smoked haddock, salmon, cod and king prawns in a creamy parsley sauce topped with mashed potato and cheese, served with gluten free crusty bread and salad</i>		<i>Honey roasted ham with two eggs, chips and peas</i>	
Beer battered fish of the day	£10.50	Salmon Provençale	£12.95
<i>Served with chips and your choice of garden or mushy peas (gluten free batter made to order)</i>		<i>Parmesan crusted salmon with a rich tomato sauce served with parmentier potatoes</i>	
		Butterflied chicken breast	£10.95
		<i>Plain, peri peri or Cajun</i>	
		<i>Served with tomato, peas, gluten free battered onion rings, mushrooms and chips</i>	

From the grill

10oz Rib-eye	£17.95	8oz sirloin steak	£15.95
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Served with tomato, peas, gluten free battered onion rings, mushrooms and chips

Add a sauce

Port and Stilton £2.95, Creamy peppercorn £1.95 or Stilton cheese £2.45

Burgers

Plain burger	£8.95	Stilton	£9.75
Monterey Jack cheese	£9.55	Tall tower	£13.95
Cheese and bacon	£9.95	<i>Two 8 oz burgers stacked with bacon and cheese</i>	

All served in a gluten free roll with mayonnaise, crisp lettuce and sliced tomato, and accompanied by Gluten free battered onion rings, chips and salad. Swap to sweet potato fries for an additional £1

Ploughman's

A choice of

Cheddar £9.50 V - Ham £10.50 - Stilton £10.00 V

Vegetarian V

Five bean chilli	£7.25	Grilled halloumi, roasted red pepper and flat mushroom burger	£9.50
<i>Served with rice and corn tortillas</i>		<i>Served in a gluten free roll with beer battered onion rings, chips and salad</i>	

DESSERTS

All served with a choice of custard, pouring cream or ice cream

TREACLE SPONGE PUDDING £4.95

CARAMEL & APPLE PIE £4.95

CHOCOLATE FUDGE CAKE £3.95

STRAWBERRIES & CREAM £4.50

Trio of ice cream £4.50

Choose from vanilla, chunky chocolate, salted caramel or Strawberry & cream

Sorbet £4.50

mango or raspberry

PLEASE BE CLEAR WHEN ORDERING YOUR FOOD, WHICH SPECIAL DIETARY REQUIREMENT YOU HAVE. IN ADDITION, PLEASE BE AWARE THAT GLUTEN PRODUCTS ARE USED EXTENSIVELY IN OUR KITCHEN. ALTHOUGH THE UTMOST CARE IS USED WHEN PREPARING SPECIAL DIETARY MENU ITEMS, WE ARE UNABLE TO GUARENTEE THAT ANY PRODUCT IS 100% ALLERGEN FREE.