

White Horse, Upton – Gluten Free Menu

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.

Starters

Pâté of the day	£POA	Chicken satay skewers	£6.25
<i>Today's pâté served with gluten free bread</i>		<i>Chicken skewers served with satay dipping sauce</i>	
Crispy chilli beef salad	£6.25	<i>Homemade soup with warm crusty gluten free roll</i>	
<i>Crispy chilli beef served on top of a salad dressed with sweet chilli sauce</i>		Honeyed winter salad	6.95 V
Prawn cocktail	£6.95	<i>Winter vegetable salad served with toasted ciabatta</i>	
<i>Prawns with Marie Rose sauce and gluten free roll & butter</i>			

Pub Classics

Fish pie	£12.50	Beer battered fish of the day	£10.50
<i>Smoked haddock, salmon, cod and king prawns in a creamy parsley sauce topped with mashed potato and cheese, served with seasonable vegetables</i>		<i>Served with chips and your choice of garden or mushy peas (gluten free batter made to order)</i>	
Liver and bacon	£9.95	Ham and eggs	£8.95
<i>Served with mashed potato and peas</i>		<i>Honey roasted ham with two eggs, chips and peas</i>	
Chilli con carne with rice	£8.95	Hunter's chicken	£11.95
<i>Homemade chilli con carne served with rice and corn tortilla chips</i>		<i>Chicken topped with Cheddar and bacon, smothered in our own barbeque sauce and served with chips, gluten free onion rings and coleslaw</i>	

From the grill

Steaks		Butterflied chicken breast	£10.95
<i>Rib-eye steak 10 oz.</i>	£17.95	<i>Plain, peri peri or Cajun (hot)</i>	
<i>Sirloin steak 8 oz.</i>	£15.95		

All served with tomato, peas, gluten free battered onion rings, mushrooms and chips or mashed potatoes and seasonal vegetables

Add a sauce

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

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Beef burgers

Handmade 8 oz beef burgers

Plain burger	£8.95	Stilton	£9.75
Monterey Jack cheese	£9.55	Tall tower	£14.95
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 with gluten free battered onion rings, chips and salad.

Swap to sweet potato or skinny fries for an additional £1

Chicken Burgers

Grilled Chicken	£9.95	Flaming hot Cajun (HOT)	£9.95
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All served in a Gluten free roll with mayonnaise, crisp lettuce and sliced tomato with gluten free battered onion rings, chips and salad.

Swap to sweet potato or skinny fries for an additional £1

Vegetarian V

Vegan curry of the day	£POA	Grilled halloumi, roasted red pepper and flat mushroom burger	£10.50
<i>Please check with your server, if today's curry is gluten free</i>		<i>Served in a Gluten free roll with mayonnaise, crisp lettuce and sliced tomato with gluten free battered onion rings, chips and salad</i>	
Five bean chilli	£8.25		
<i>Served with rice and corn tortilla chips</i>			

Side orders

Chips - £2.50. Cheesy chips - £3.00	Gluten Free Battered onion rings -£1.95
Skinny or sweet potato fries - £3.50	Seasonal vegetables - £2.50
Coleslaw - £2.50.	Gluten free garlic bread - £2.75
Salad bowl - £3.50	Gluten free Cheesy garlic bread - £3.25

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

Trio of ice cream £4.50

Choose from vanilla, chunky chocolate, salted caramel or strawberry and cream

Sorbet £4.50

Mango or Raspberry