

## White Horse, Upton – Gluten Free Menu

### Starters

**Antipasto** **£6.95**

*Selection of cured meats, olives and gluten free bread*

**Chicken satay skewers** **£6.50**

*Marinated chicken skewers served with home-made satay dipping sauce*

**Chicken liver paté** **£6.95**

*Served with gluten free toast and chutney*

**Prawn cocktail** **£6.95**

*Prawns with Marie Rose sauce, gluten free roll and butter*

**Nachos** **£5.95**

*Nachos served with salsa, sour cream and guacamole*

### Mains

**Fish pie** **£12.95**

*Smoked haddock, salmon, cod and king prawns in a creamy parsley sauce topped with mashed potato and cheese, and served with a gluten free roll and salad*

**Battered fish of the day** **£11.50**

*Served with chips and your choice of garden, or mushy, peas*

**Chicken and bacon Caesar** **£11.95**

*Chargrilled chicken and crispy smoky bacon, Romaine lettuce, croutons and Caesar dressing finished with Parmesan cheese*

**Ham and eggs** **£9.95**

*Honey roasted ham with two eggs, chips and peas*

**Hunter's chicken** **£11.95**

*Chicken topped with cheddar cheese and bacon, smothered in our own barbeque sauce and served with chips and onion rings*

**Curry of the day** **£11.95**

*Today's curry served with rice, onion bhaji, poppadum and mango chutney*

**Gammon steak and egg** **£11.00**

*Served with two eggs, chips and peas*

**Chilli con carne** **£9.95**

*Homemade chilli con carne served with rice, sour cream and tortilla chips*

### From the grill

**Sirloin 8oz** **£19.95**

**Rib-eye steak 10oz** **£20.95**

**Butterflied chicken breast** **£10.95**

*Plain, peri peri, Cajun or garlic and herb*

*All served with peas, battered onion rings and chips; or swap to new potatoes, salad and coleslaw  
Add a sauce*

**Port and Stilton £3.50, Creamy peppercorn £2.50 or Stilton cheese £2.95**

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 UPMOST CARE IS USED WHEN PREPARING SPECIAL DIETARY MENU ITEMS, WE ARE UNABLE TO GUARENTEE THAT ANY PRODUCT IS 100% ALLERGEN FREE.

## White Horse, Upton – Gluten Free Menu

### Beef burgers

Handmade 6oz beef burgers

<b>Plain burger</b>	<b>£8.95</b>	<b>Chilli</b>	<b>£10.95</b>
<b>Monterey Jack cheese</b>	<b>£9.55</b>	<b>Double burger, bacon and cheese</b>	<b>£13.95</b>
<b>Cheese and bacon</b>	<b>£9.95</b>	<i>Two 6oz burgers stacked with bacon and cheese</i>	
<b>Stilton</b>	<b>£10.50</b>		

### Chicken Burgers

**Flaming hot Cajun** **£10.95**

*All served in a gluten free roll with mayonnaise, crisp lettuce and sliced tomato with battered onion rings, chips and salad. Swap to sweet potato or skinny fries for an additional £1.00*

### Vegetarian and Vegan **V, VE, VEO**

(V=VEGETARIAN, VE=Vegan, VEO=Vegan option available)

**Ratatouille risotto **VE** £11.95**

*Ratatouille risotto served with salad garnish and warm gluten free roll*

**Home-made falafel burger **VE** £9.95**

*Served in a gluten free roll topped with mayonnaise and sliced tomato, topped with cheese and fried onion, and served with chips and salad*

**Five bean chilli **VEO** £8.95**

*Served with rice, sour cream and tortillas*

**Curry of the day **VEO** £10.95**

*Today's curry served with rice and mango chutney*

### Side orders

**Chips - £2.95**

**Cheesy chips - £3.50**

**Sweet potato fries - £3.75**

**Skinny fries - £3.50**

**Coleslaw - £3.00**

**Sauteed mushrooms £1.95**

**Salad bowl - £3.00**

**Battered onion rings - £2.25**

**Seasonal vegetables - £2.95**

**Garlic bread - £3.00**

**Cheesy garlic bread - £3.50**

### Desserts

**Baileys crème brûlée £5.75**

**Caramel apple pie £4.95**

**Treacle sponge pudding £4.95**

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

**Trio of ice cream £4.50**

*Choose from vanilla, chunky chocolate, strawberries and cream or salted caramel*

**Sorbet £4.50**

*Mango or raspberry*