

## **Gluten Free Menu**

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Let us know if there is nothing you fancy, if we have got it you can have it.

All items on this menu are suitable for a Gluten Free Diet

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Munchies: Sweet potato chips and garlic mayo, garlic ciabatta, nuts and olives	£3.50 each
Deli boards, to share or not!	
Grilled halloumi cheese, garlic mushroom, olives, hummus, roasted vegetables and GF pitta	£13.75
Thick cut ham, pickled onions, cheddar cheese, pickle, GF bread and mixed salad	£13.75
Smoked salmon, prawn cocktail, tartar sauce, mixed salad and GF bread	£14.75
Salads to start (or add £3.00 for a larger salad)	
Char grilled chicken and bacon caesar salad, GF croutons, red onion, tomato and ceasar dressing	g £7.95
Roquefort blue cheese, pear and caramelised walnut salad	£7.95
Home smoked duck breast, orange and pancetta salad, baby gem, GFcroutons and orange dress	sing £7.95
To Start	
North Atlantic prawn cocktail, king prawn, marie rose sauce and GF bread	£7.50
Garlic king prawns and calamari, rocket salad and GF garlic bread	£9.50
Fresh salmon pate, avocado and tomato, leaves and GF char grilled ciabatta	£6.95
Tandoori halloumi cheese skewer, cucumber and red onion salad, mint yoghurt dressing	£7.25
Grilled chicken skewers, chilli sauce and vegetable salad	£6.25
Wobbly bottom goat's cheese GF crostini, tomato relish, rocket and balsamic	£6.95
Fishy	
Cider battered fish & chips, homemade and mushy peas	£12.25
Pan fried cod loin, crushed potatoes, bacon leeks, poached egg and parsley sauce	£14.25
	9.95/£14.95
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Meaty	
Local aged sirloin steak, grilled tomato, flat mushroom, chips, onion rings and peppercorn sauce	£21.95
Mozzarella and sun dried tomato stuffed chicken, basil risotto, parma ham and balsamic	£13.25
Marinated lamb kebab, garlic potatoes, rocket salad, mint yoghurt and tomato salsa	£14.95
Prime beef burger, bacon, cheddar cheese, garlic mayo, crisp lettuce, tomato, fries and onion ri	
Lamb burger, red onion relish, brie, lettuce, tomato, garlic mayo, sweet potato chips and onion	_
Roast of the day, roast potatoes, vegetables, GF Yorkshire pudding and gravy (Sunday's only)	£14.50
Roast of the day, roast potatoes, vegetables, or forkshire pudding and gravy (sunday's only)	114.50
Veggies	
Garlic mushroom burger, grilled halloumi, lettuce, tomato, fries and onion rings	£11.50
Cherry tomato and pesto risotto, crumbed goat's cheese, pine nuts and balsamic	£11.50
Crispy mozzarella cheese, garlic potatoes, green beans, rocket and balsamic	£11.50
<b>Sides:</b> Chunky chips, French fries, hand cut onion rings, mixed salad, green salad, mixed greens,	_
green beans	£3.25

## Gluten free bread (choose from brown or white) Monday – Saturday lunch times only The Crown's club sandwich £9.95 "BLT" smoked bacon, iceberg and vine tomato £6.95 Hummus, roasted vegetables and rocket £5.95 £6.50 Thick cut ham and whole grain mustard mayo £7.50 Prawn, avocado and marie rose £6.95 Chicken, iceberg and mayo\* Panini's Cornish brie and smoked bacon £6.95 £6.75 Cheddar cheese and thick cut ham Tomato, mozzarella and basil £5.95 **Puddings** Raspberry crème brulee and GF biscuit £5.75 Chocolate tort, crème anglaise and vanilla ice cream £5.75 Sticky toffee pudding, toffee sauce and vanilla ice cream £5.75 Mini trio of puddings, choose three to share £10.95

## Anyone for Cheese?

**British cheese board** of "Mature cheddar with mustard and ale, "Cashel blue", "Cornish camembert", "Cornish Brie" and "smoked goat's cheese" celery, grapes and biscuits

£8.75

**Cashel Blue** is whole cow's milk, semi soft blue cheese, firm yet creamy edge, tangy with a blue character.

**Cornish Camembert** is a cow's milk, tangy and complex soft cheese with a full bodied flavour.

**Cornish Brie** has a delicious mild and creamy flavour and melting, smooth texture. The rich and creamy Cornish milk gives it a characteristic yellow, buttery colour.

Cheese for two to share £12.50

Thank you for choosing The Crown, we hope you enjoy your visit here, but if there is anything you are not happy with, please let us know, we like to receive all feedback.