

The Royal Oak – Gluten Free

Starters

Homemade Soup of the Day - £4.50 (Vegan)

Tomato and Roasted Red Pepper soup served with a bread roll.

Pan Fried Mushrooms - £5.50

Cream, garlic and herb sauce, and a gluten free bread roll.

Halloumi Fry Up - £5.25

On a bed of salad, topped with crispy onion, and a sweet chilli sticky sauce.

Classic Prawn Cocktail - £5.95

Prawns and marie-rose sauce served with salad and a gluten free bread roll.

Salads

Chargrilled Chicken Caesar - £8.95

Mixed salad, chicken and bacon.

Goats Cheese and Walnuts - £8.50

Mixed salad, grilled goats' cheese, apple and walnuts.

Ham and Eggs - £8.95

Mixed salad, honey roast ham, runny eggs.

Halloumi and Sundried Tomato - £8.95

Mixed salad, grilled halloumi, sundried tomato.

Prawn and Marie-Rose £9.95

Mixed salad, prawn and marie-rose sauce and gluten free bread roll.

Choose your dressing:

Caesar, French, Honey & Mustard or Balsamic

From the Grill

All served with new potatoes, garden peas, grilled tomatoes and field mushrooms.

8oz Sirloin - £16.95

12oz Rump - £15.95

8oz Gammon - £9.95

Served with fried egg and charred pineapple.

Add a Steak Sauce £1.95

Peppercorn, Blue Cheese or Creamy Garlic.

The Royal Oak Favourites

Steamed Haddock - £9.95

Smothered in a prawn and parsley sauce, with new potatoes and vegetables.

Pan Fried Belly Pork - £10.50

Slow cooked then pan roasted, with apple gravy, mustard mash and vegetables.

BBQ Chicken - £9.95

Topped with bacon, cheddar cheese and BBQ sauce, served with new potatoes and salad.

Roasted Salmon Fillet- £10.95

Topped with garlic, lemon and herb sauce, with new potatoes and vegetables.

Butternut Squash and Sweet Potato Curry- £9.95 (Vegan)

Served with steamed rice.

Chicken Jalfrezi - £9.95

Served with steamed rice.

Cajun Vegetable Burger - £8.95 (Vegan)

Lightly spiced Cajun vegetable patty and garlic mayo. In a gluten free bread roll.

Slow cooked Jacket Potato - £6.50

Served with salad and coleslaw.

Cheddar and Baked Beans

Tuna Mayo

Bacon and Stilton

Prawn and Marie Rose Sauce - £7.50

The Oak Small Portions

Steamed Haddock - £9.95

Smothered in a prawn and parsley sauce, with new potatoes and vegetables.

Pan Fried Belly Pork - £6.50

Slow cooked then pan roasted, with apple gravy, mustard mash and garden peas.

6oz Rump Steak - £7.95

Cooked to your preference, served with new potatoes, garden peas, grilled tomato and mushroom.

4oz Gammon - £6.95

Served with fried egg and charred pineapple, new potatoes, garden peas, grilled tomato and mushroom.

Please note that some of these dishes have been modified from the normal menu to make them gluten free, so please notify one of our team to ensure that the kitchen staff are aware. Our chips are all homemade, but unfortunately are fried in the same oil as we fry food containing gluten, so contain traces of gluten.

