



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.

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.

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.

Our Favourites

Steamed Haddock £9.95

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

Crispy Belly Pork £10.95

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.

Steamed Salmon Fillet £10.95

Smothered with white wine & parsley sauce, with new potatoes and vegetables.

Mushroom, Chickpea & Spinach Curry £9.95 (Vegan)

Served with steamed rice.

Chicken Tikka Masala £9.95

Served with steamed rice.

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

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.

Prawn and Marie-Rose £9.95

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

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.

The Royal Oak

Our Gluten Free Menu

*Open everyday
from 12pm*



THE ROYAL OAK
Ashbourne Derbyshire