

# PASTURES LODGE GLUTEN FREE MAIN MENU

## APPETISERS

CRAYFISH, CRAB AND AVOCADO SALADETTE £6.50 With iceberg lettuce, andalouse dressing, lemon garnish and a Yorkshire scuffler **GLUTEN FREE WITHOUT THE SCUFFLER**

BAKED FIELD MUSHROOMS (V) £5.25 Stuffed with Boursin cheese topped with herb crust and set upon a baby leaf salad and balsamic reduction. **GLUTEN FREE WITHOUT THE HERB CRUST**

NACHOS GRANDE (V) £4.95 Mexican style tortilla chips topped with guacamole, salsa, sour cream, jalapeños, spring onions & melted mozzarella cheese. Add chilli for £1.25. **GLUTEN FREE**

CHEF'S HOMEMADE SOUP OF THE DAY £4.25 Served with a Yorkshire scuffler. **GLUTEN FREE WITH NO BREAD (ALWAYS ONE FLAVOUR SOUP AVAILABLE THAT IS GF)**

HOMEMADE CHEESE AND BACON LOADED POTATO SKINS £4.95 Served with sour cream and garlic mayo dips. **GLUTEN FREE**

ROYAL GREENLAND PRAWN COCKTAIL £5.95 Served with iceberg lettuce, lemon garnish, brown bread & butter and sauce Marie rose. **GLUTEN FREE WITHOUT BREAD**

KING PRAWN THERMIDOR GRATIN £6.50 Peeled and sautéed king prawns coated in a rich thermidor sauce and oven baked with a lemon herb crust and a Yorkshire scuffler. **GLUTEN FREE WITHOUT THE BREAD OR LEMON HERB CRUST**

GRILLED HALLOUMI (V) £5.25 Accompanied with chargrilled aubergines, courgettes, peppers, sun dried tomatoes and edged with a red pepper tapenade and hummus. **GLUTEN FREE**

PASTURES DIRTY FRIES £3.50 French fries smothered with BBQ sauce, bacon lardons, jalapeños, spring onion and melted cheese. **GLUTEN FREE WHEN FRIES ARE OVEN BAKED**

## IDEAL FOR SHARING

LOADED CHILLI NACHOS £7.95 Mexican style tortilla chips triple layered with spicy chilli con carne. Topped with jalapeños, guacamole, sour cream and melted mozzarella cheese. **GLUTEN FREE**

CHICKEN FAJITA NACHOS £8.95 Mexican style tortilla chips triple layered and loaded with sautéed chicken, peppers, onion, jalapeños, guacamole, sour cream and melted mozzarella cheese. **GLUTEN FREE**

## SIZZLING FAJITAS

Strips of chicken or beef sautéed together with onions and peppers. Served with four tortillas, Mexican salsa, guacamole, sour cream and grated cheese.

- CHICKEN £12.95
- HALLOUMI CHEESE & VEGETABLE (V) £11.95
- BEEF £13.95
- CHICKEN & BEEF £14.95
- MUSHROOM (V) £10.95

**ALL GLUTEN FREE WHEN SERVED WITHOUT TORTILLAS**

## CHICKEN DISHES

PASTURES CLASSIC BBQ CHICKEN £9.95 Butterfly chicken breast cooked in BBQ sauce and topped with bacon and melted cheese. Served with garden peas, Pastures coleslaw and a choice of chunky chips, spiced wedges or new potatoes. **GLUTEN FREE WITH OVEN BAKED CHIPS OR SERVED WITH NEW POTATOES**

CAJUN CHICKEN BUTTERFLY £8.95 Butterfly chicken breast marinated in Cajun spices and accompanied with garden peas, Pastures coleslaw, salsa sauce and a choice of chunky chips, spiced wedges or new potatoes. **GLUTEN FREE WITH OVEN BAKED CHIPS OR SERVED WITH NEW POTATOES**

HAWAIIAN CHICKEN £9.95 Butterfly chicken breast finished with bacon, pineapple and melted cheese. Served with garden peas, Pastures coleslaw and a choice of chunky chips, spiced wedges or new potatoes. **GLUTEN FREE WITH OVEN BAKED CHIPS OR SERVED WITH NEW POTATOES**

CHICKEN & KING PRAWNS £10.95 Butterfly chicken breast smothered in a garlic cream sauce, king prawns and melted cheese. Served with garden peas, Pastures coleslaw and a choice of chunky chips, spiced wedges or new potatoes. **GLUTEN FREE WITH OVEN BAKED CHIPS OR SERVED WITH NEW POTATOES**

ROAST CHICKEN CROWN £9.95 Tender chicken crown served plain or with a choice of BBQ or piri piri sauce. Accompanied with garden peas, pastures coleslaw and a choice of chunky chips, spiced wedges or new potatoes. **GLUTEN FREE WITH OVEN BAKED CHIPS OR SERVED WITH NEW POTATOES**

ROULADE OF CHICKEN £10.50 Fresh chicken breast stuffed with Boursin cheese and broccoli, wrapped in oak smoked bacon and accompanied with homemade Dauphinoise potatoes, classic ratatouille and a rich bordelaise sauce. **GLUTEN FREE**

## **PASTURES COMBO**

Combine any two different items from below. Served with grilled tomato, button mushrooms, Beer battered onion rings, garden peas and a choice of chunky chips, spiced wedges or baked potato. £14.95

- 6oz Rump Steak
- Cajun Chicken
- 12oz Gammon Steak
- Butterfly Chicken Breast

**GLUTEN FREE WITH OVEN BAKED CHIPS OR SERVED WITH JACKET POTATO AND NO ONION RINGS**

## **STEAKHOUSE**

Grilled Yorkshire steaks from local farms, cooked to your liking and served with grilled tomato, button mushrooms, Beer battered onion rings, garden peas and a choice of chunky chips, spiced wedges or baked potato

- 16oz T-BONE STEAK £17.95 Served on the bone
- 10oz SIRLOIN STEAK £14.50
- 14OZ RIB EYE STEAK £15.75 Served on the bone
- 16oz RAVENOUS RUMP STEAK £14.95 For the hungry appetite.
- 12oz GAMMON STEAK £9.75 With a choice of fried egg or pineapple.

**ALL ABOVE STEAKS ARE GLUTEN FREE WITH OVEN BAKED CHIPS OR SERVED WITH JACKET POTATO AND NO ONION RINGS**

BUTCHERS MIXED GRILL £14.95 6oz rump steak, pork loin steak, lamb chop, gammon steak, 2 Cumberland sausages, black pudding and fried egg. **GLUTEN FREE WITHOUT BLACK PUDDING, SAUSAGES OR ONION RINGS AND WITH OVEN BAKED CHIPS OR SERVED WITH JACKET POTATO**

12oz PORK LOIN STEAK £9.95 Marinated with honey, whole grain mustard and roasted apple. Served with a gravy boat. **GLUTEN FREE WITHOUT MUSTARD OR ONION RINGS AND WITH OVEN BAKED CHIPS OR SERVED WITH JACKET POTATO**

PASTURES FAMOUS BIG GRILL £17.95 Butterfly chicken breast, 6oz rump steak, pork loin steak, lamb chop, gammon steak, 2 Cumberland sausages, 2 pieces of black pudding, 6oz homemade steak burger and 2 fried eggs. **GLUTEN FREE WITHOUT BLACK PUDDING, SAUSAGES OR ONION RINGS AND WITH OVEN BAKED CHIPS OR SERVED WITH JACKET POTATO**

## AROUND THE WORLD

ORIENTAL BEEF OR CHICKEN STIR FRY £9.95 Rump steak strips or chicken breast stir fried with oriental vegetables, egg noodles and tossed in a black bean sauce. Served with prawn crackers. **GLUTEN FREE WITHOUT NOODLES**

ORIENTAL VEGETABLE STIR FRY (V) £8.50 Oriental vegetables stir fried with egg noodles and tossed in a black bean sauce. Served with prawn crackers. **GLUTEN FREE WITHOUT NOODLES**

CHILLI CON CARNE £8.95 Homemade spicy Mexican style beef chilli served with a choice of plain or pilau rice and taco shells. **GLUTEN FREE WITHOUT TACO SHELLS**

## INDIAN SELECTION

CHICKEN TIKKA MASALA £8.95 Tender pieces of chicken breast in a medium spiced curry. Served with a choice of plain rice, pilau rice or chunky chips and a naan bread, poppadom and mango chutney. **GLUTEN FREE WITHOUT NAAN BREAD AND SERVED WITH BASMATI RICE OR OVEN BAKED CHIPS**

CHICKEN KORMA £8.95 Tender pieces of chicken breast in a mild creamy curry. Served with a choice of plain rice, pilau rice or chunky chips and a naan bread, poppadom and mango chutney. **GLUTEN FREE WITHOUT NAAN BREAD AND SERVED WITH BASMATI RICE OR OVEN BAKED CHIPS**

CHICKEN TIKKA SANDWICH £8.95 Rich chicken tikka Masala sandwiched within a large naan bread, edged with an onion salad and mint yoghurt dressing and chunky chips. **GLUTEN FREE WITHOUT NAAN BREAD AND SERVED WITH BASMATI RICE OR OVEN BAKED CHIPS**

## TASTE OF ITALY

PASTURES ANTIPASTO £14.95 Napoli salami, Parma ham, chorizo, olives, mozzarella, gorgonzola, twelve year old balsamic vinegar, olive oil, cherry tomatoes, baby leaf salad and crusty bread. **GLUTEN FREE WITHOUT CRUSTY BREAD**

## **BURGERS**

PASTURES 12oz HOMEMADE BIG STEAK BURGER £12.50 Two 6oz homemade steak burgers served on a brioche bun with crisp lettuce, tomato & topped with beer battered onion rings, bacon, sautéed mushrooms, melted cheese and fried egg. Accompanied with homemade slaw, chunky chips or spiced wedges and hamburger relish. **GLUTEN FREE WITHOUT BREAD, ONION RINGS AND WITH OVEN BAKED CHIPS**

PASTURES HOMEMADE GOURMET STEAK BURGER £11.95 10oz homemade steak burger served on a brioche bun with crisp lettuce, tomato, smoked bacon, red onion marmalade and melted camembert. Accompanied with homemade slaw, pickle, chunky chips or spiced wedges. **GLUTEN FREE WITHOUT BREAD, ONION RINGS AND WITH OVEN BAKED CHIPS**

## **SPECIALITY SANDWICHES**

RUMP STEAK £7.95 Strips of rump steak sautéed and finished with caramelized red onion, mushrooms, tomato & baby leaf. Served on a ciabatta roll with Pastures coleslaw, chunky chips or spiced wedges. **GLUTEN FREE WITHOUT BREAD AND WITH OVEN BAKED CHIPS**

CAJUN CHICKEN £7.95 Strips of chicken breast and onion pan fried in Cajun spices. Served on a ciabatta roll with Pastures coleslaw, chunky chips or spiced wedges. **GLUTEN FREE WITHOUT BREAD AND WITH OVEN BAKED CHIPS**

HOT GAMMON £7.95 With a choice of egg, pineapple or melted cheese. Served on a ciabatta roll with Pastures coleslaw, chunky chips or spiced wedges. **GLUTEN FREE WITHOUT BREAD AND WITH OVEN BAKED CHIPS**

CHICKEN, BACON & PINEAPPLE CHEESE MELT £7.95 Strips of chicken breast, bacon and pineapple coated in melted cheese. Served on a ciabatta roll with Pastures coleslaw, chunky chips or spiced wedges. **GLUTEN FREE WITHOUT BREAD AND WITH OVEN BAKED CHIPS**

## **TASTE OF THE OCEAN**

SEAFOOD LINGUINE £12.95 King prawns, salmon and New Zealand green lip mussels tossed with linguine and finished in a spicy arrabiata sauce. Served with crusty bread. **GLUTEN FREE WITHOUT LIGUINE OR CRUSTY BREAD**

FILLET OF SEABASS £12.95 Accompanied with crushed garlic potatoes, seasonal vegetables edged with a chorizo, smoked paprika and red capsicum ragout and crispy belly pork rashers. **GLUTEN FREE**

FILLET OF POACHED SCOTTISH SALMON £9.95 Accompanied with a lemon and dill hollandaise sauce. Served with new potatoes and seasonal vegetables. **GLUTEN FREE**

LARGE FISH AND CHIPS £9.95 A large skinned and boned 12oz cod fillet freshly battered. Served with chunky chips, bread and butter and a choice of garden or mushy peas. **GLUTEN FREE IF FISH STEAMED WITHOUT BATTER AND WITH OVEN BAKED CHIPS**

SPECIAL HADDOCK AND CHIPS £8.75 A regular Haddock fillet skinned and boned served with chunky chips, bread and butter and a choice of garden or mushy peas and a pot of tea. **GLUTEN FREE IF FISH STEAMED WITHOUT BATTER AND WITH OVEN BAKED CHIPS**

CONNOISSEURS SEAFOOD PLATTER £12.95 Oak smoked salmon, royal Greenland prawns, crayfish tails, Scottish salmon and chilli fishcake, seared loin of tuna, seafood dressing, sweet chilli sauce, brown bread and butter, lettuce leaves and lemon garnish. **GLUTEN FREE WITHOUT FISHCAKE OR BREAD**

## TRADITIONAL BAR CLASSICS

SLOW COOKED LAMB STEAK £9.95 Accompanied with homemade mash potato and vegetables, and smothered in a redcurrant, Shiraz and mint gravy. **GLUTEN FREE**

GRILLED HANGER STEAK £13.50 Tender beef served pink and accompanied with a Panache of root vegetables, homemade Dauphinoise potatoes and a rich bordelaise sauce. **GLUTEN FREE**

ROASTED LAMB CHUMP £13.50 Rump of Lamb served pink and accompanied with ratatouille, Dauphinoise potatoes and a redcurrant and berry jus. **GLUTEN FREE**

TRADITIONAL ENGLISH PLOUGHMAN'S £13.95 Honey glazed Yorkshire ham, Trickleman's piccalilli, mature Cheddar, Wensleydale blue, Swaledale, pickled onions, beetroot, Crawshaws pork pie, fresh apple and a Yorkshire scuffler. **GLUTEN FREE WITHOUT PORK PIE OR SCUFFLER**

## PASTURES SALADS

MEDITERRANEAN CHICKEN SALAD £10.95 Fresh tossed salad mixed with croutons, halloumi cheese, olives and a salad dressing. **GLUTEN FREE WITHOUT CROUTONS**

CRAYFISH AND ROYAL GREENLAND PRAWN SALAD £11.95 Fresh tossed salad with tomatoes, cucumber, peppers, onion and celery, topped with crayfish tails, royal Greenland prawns and fresh avocado. Served with brown bread and butter and salad dressing. **GLUTEN FREE WITHOUT BREAD**

ROYAL GREENLAND PRAWN SALAD £10.75 **GLUTEN FREE WITHOUT BREAD**

ROYAL GREENLAND PRAWN AND SMOKED SALMON SALAD £11.95 Fresh tossed salad with tomatoes, cucumber, peppers, onion, celery & lettuce topped with royal Greenland prawns, smoked Scottish

salmon and brown bread and butter, lemon garnish & a duet of seafood dressing and garlic and lemon mayo. **GLUTEN FREE WITHOUT BREAD**

LOIN OF TUNA NIÇOISE SALAD £11.95 Classic French salad consisting of cherry tomatoes, French beans, baby leaves, olives, anchovies, vinaigrette, boiled egg and new potatoes. Topped with a freshly seared loin of tuna. **GLUTEN FREE**

## **BAKED POTATOES**

All our baked potatoes are served with butter and salad garnish.

- PLAIN £4.25
- GRATED CHEESE £4.95
- BEANS £4.95
- TUNA MAYONNAISE £5.50
- GRATED CHEESE & BEANS £5.95
- PASTURES COLESLAW OR SLAW £5.50
- HOMEMADE CHILLI CON CARNE £5.95
- PRAWN MARIE ROSE £6.50
- BEANS & PASTURES COLESLAW £6.95

**ALL GLUTEN FREE**

## **SIDE ORDERS**

- CHUNKY CHIPS £1.95 **(WHEN OVEN BAKED)**
- FRIED EGG 60P
- PINEAPPLE 60P
- GRAVY BOAT £1.00
- NEW POTATOES £2.50
- ROAST POTATOES £2.50
- HOMEMADE MASH £2.50
- PLAIN BASMATI RICE £2.50
- PASTURES COLESLAW £1.95
- HOMEMADE SLAW £1.95
- HOUSE SIDE SALAD £2.50
- CHEESY CHUNKY CHIPS £2.95 **(WHEN OVEN BAKED)**
- MUSHROOMS £1.50
- GRATED CHEESE BOWL £1.00
- MIXED VEGETABLES £1.95
- PASTURES DIRTY FRIES £3.50 French fries smothered with BBQ sauce, bacon lardons, jalapeños, spring onions and melted cheese **(WHEN OVEN BAKED)**

