



HARBOUR HOUSE HOTEL

GLUTEN FREE MENU

STARTERS

TOMATO SOUP Served with gluten free bread	£4.95
HAM HOCK TERRINE With piccalilli & gluten free toasted bread	£6.50
CAPRESE SALAD With basil oil and balsamic vinegar	£6.95
THAI SALMON FISH CAKES With dressed salad & tartar sauce	£7.25
FRESH MUSSELS With cream, wine, garlic & parsley	£8.95
SEARED SCALLOPS With pea puree & crispy pancetta	£9.95

SALADS

PLOUGHMANS	£12.95
CHICKEN CAESAR	£12.95
CHICKEN AND BACON	£12.95
SEARED TUNA STEAK	£12.95

SIDES

SWEET POTATO FRIES	£2.50
CAJUN FRIES	£2.50
FRESH SALAD	£2.50

MAIN COURSES

BACON CHEESEBURGER Chips and coleslaw	£13.95
CHICKEN OR VEG CURRY Basmati rice	£14.95
GRILLED FISH & CHIPS Peas, homemade tartar sauce	£15.95
CHICKEN BREAST Stuffed with roast peppers, basil, mozzarella, Tomato & pepper sauce, basmati rice	£15.95
PAN FRIED SEA BASS Crushed potatoes, mixed veg, basil & Lemon oil	£16.95
FRESH MUSSELS In wine, garlic and parsley sauce	£16.95
LAMB SHANK Champ mash, seasonal veg, red wine sauce	£17.95
8oz FILLET STEAK Mashed potatoes, crispy pancetta, seasonal vegetables	£25.95

DESSERTS

TRIO ICE CREAM	£5.95
STRAWBERRY MERINGUE With vanilla ice cream and fruit coulis	£6.95
CHEESE & BISCUITS	£7.95