



HARBOUR HOUSE HOTEL

GLUTEN FREE MENU

STARTERS

GARLIC MUSHROOMS Garlic mushrooms, grilled toast, dressed salad.	£7.50
GOATS CHEESE Grilled goats cheese, beetroot salad.	£8.00
CHICKEN CAESAR Chicken, parmesan shavings, caesar dressing.	£8.95
GARLIC CHILLI PRAWNS Creamy garlic & chilli prawns, timpler of basmati rice.	£9.50
CRAB AND AVACADO On dressed leaves, basil lemon oil.	£11.95
FRESH MUSSELS In a white wine, garlic cream sauce, toasted bread.	£13.95

MAIN COURSES

HONEY ROAST HAM & CHEDDER CHEESE SALAD Served with gluten free bread	£15.95
CHICKEN CAESAR SALAD Served with gluten free bread	£15.95
APPLE, WALNUT & STILTON SALAD Served with gluten free bread	£15.95
THAI CURRY Thai red chicken veg curry, basmati rice	£17.45
RISOTTO mushroom, thyme & pea risotto.	£17.45
GRILLED FISH & CHIPS Grilled fish with peas, homemade tartar sauce.	£17.95
PAN FRIED SEA BASS With buttered samphire and sauce vierge.	£21.95
MUSSELS In a white wine, garlic cream sauce, bread.	£22.95
LAMB CUTLETS With salsa verde & fondant potato.	£23.95

DESSERTS

ETON MESS
RASPBERRY SORBET
ASSORTED ICE CREAM
CHEESE & BISCUITS