



HARBOUR HOUSE HOTEL

GLUTEN FREE MENU

STARTERS

GARLIC MUSHROOMS	£7.50
Garlic mushrooms, grilled toast, dressed salad.	
GOATS CHEESE	£8.00
Grilled goats cheese with a beetroot salad.	
CHICKEN CAESAR	£8.95
Chicken salad, creamy garlic dressing & parmesan shavings.	
GARLIC CHILLI PRAWNS	£9.50
Creamy garlic and chilli prawns with a timpler of basmati rice.	
CRAB AND AVACADO	£10.95
Avocado salsa and crab mayo with a basil lemon oil.	
FRESH MUSSELS	£12.95
In a white wine, garlic cream sauce & bread.	

SIDES

POTATOES OR MASH POTATOES	£4.00
CHIPS	£4.00
CAJUN CHIPS	£4.00
MEDLEY OF VEGETABLES	£4.00
SWEET POTATO FRIES	£4.50
PARMESAN, CHILLI, SPRING ONION CHIPS	£4.50

SALADS

Served with gluten free bread

HONEY ROAST HAM & CHEDDER CHEESE

CHICKEN CEASAR SALAD

APPLE, WALNUT & STILTON

£15.95

MAIN COURSES

THAI CURRY	£17.45
Thai red chicken or veg curry served with basmati rice	
RISOTTO	£17.45
mushroom, thyme and pea risotto.	
GRILLED FISH & CHIPS	£17.95
Grilled fish with peas & homemade tartar sauce.	
PAN FRIED SEA BASS	£19.45
With buttered samphire and sauce vierge.	
MUSSELS	£22.95
In a white wine, garlic cream sauce with bread.	
LAMB CUTLETS	£23.95
With salsa verde & fondant potato.	

DESSERTS

ETON MESS	£7.95
RASPBERRY SORBET	£7.95
ASSORTED ICE CREAM	£7.95
CHEESE & BISCUITS	£9.95