



HARBOUR HOUSE HOTEL

GLUTEN FREE MENU

STARTERS

GOATS CHEESE Sweet chilli jam and toasted pine nuts	£7.00
CHICKEN LIVER & BACON PARFAIT Red onion marmalade & toasted bread	£7.50
CHICKEN CAESAR SALAD Parmesan shavings	£7.95
PRAWN MARIE ROSE Bread and butter	£8.25
FRESH MUSSELS In a Thai red curry sauce	£9.95
SEARED SCALLOPS & CHORIZO Spring onion, chilli & honey glaze	£9.95
SEAFOOD CHOWDER	£10.25

SALADS

Served with gluten free bread

PLOUGHMANS	£13.95
CHICKEN CAESAR SALAD	£13.95
HAM & CHEDDAR CHEESE	£13.95

SIDES

CHIPS	£3.50
CAJUN CHIPS	£3.50
GREEN SALAD	£4.00
MEDLEY OF VEGETABLES	£4.00

MAIN COURSES

CHICKEN BREAST BURGER Gluten free bread, cajun mayo, chips, coleslaw	£15.95
BACON CHEESEBURGER Gluten free bread, relish, mayo, chips, coleslaw	£15.95
CHICKEN OR VEGETABLE CURRY Basmati rice	£16.95
GRILLED FISH & CHIPS Peas, homemade tartar sauce	£16.95
CHICKEN SUPREME Dijon mustard & mushroom cream, savoy cabbage, Crushed potatoes	£16.95
PEPPERED SALMON FILLET On stir-fried vegetables	£17.95
PAN FRIED SEA BASS FILLETS Orange & saffron butter, asparagus	£18.45
FRESH MUSSELS In a white wine & garlic cream, tiger bread	£19.95
LAMB SHANK Champ mash, seasonal veg, red wine sauce	£22.95
8oz SIRLOIN STEAK Grilled tomato, mushrooms, chips	£24.95
SAUCES Peppercorn Whisky Blue cheese	£3.50

DESSERTS

TEA & COFFEE	£3.50
ETON MESS	£6.95
ASSORTED ICE CREAM	£6.95
CHEESE & BISCUITS	£8.95