



GLUTEN FREE MENU

STARTERS

- Soup of the day served with gluten free bread £4.25
- Traditional prawn salad with marie-rose dressing £5.25
- Nachos with cheese/ jalapenos/ salsa/ sour cream £4.95
- Salt and chilli chicken wings with sour cream and mixed leaves £5.25

MAINS

- Steak sandwich** steak strips/ gluten free bread/ mushrooms/ pepper sauce/ chips £10.95
- Chicken pasta with creamy garlic sauce** chicken strips/ garlic cream/ parmesan/ / gluten free pasta/ bacon salsa/ gluten free garlic bread £9.95
- Chicken stack** chicken topped with bacon/ irish cheddar/ chips/ gluten free gravy £9.95
- House curry** homemade sweet potato curry sauce/ peppers/ onions/ chicken or beef strips/ rice/ gluten free toast £9.95
- Oven baked sea bass** fresh seabass fillets oven baked with new potatoes/ mediterranean veg/ tomato and basil sauce £15.95
- Hake** fresh hake fillet served with baby boils and winter greens with lemon and dill cream, topped with lemon butter £12.95

VEGETARIAN

- Mixed arincini** minted pea/ tomato/ chestnut mushroom coated in gluten free crumbs, served with beetroot puree and pickled beetroot with mixed laves and a goats cheese cream £9.95
- Mediterranean pasta** mediterranean vegetables/ homemade tomato and basil sauce/ gluten free pasta and gluten free garlic bread £9.95
- House curry** homemade sweet potato sauce/ seasonal vegetables/ rice and gluten free toast £8.95

GRILL

- All served with chunky chips/ homemade pepper sauce (gluten free)/ grilled tomato and sauté onions
- 10oz sirloin steak £15.95
- 10oz rump steak £15.95

Food Allergies and Intolerances. Please speak to a member of our staff about the ingredients in your meal when making your order. THANK YOU

Where possible all our produce is locally sourced



HOTEL RESTAURANT OF THE YEAR WINNER 2018





THE PORT KITCHEN & BAR



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