

The Allerford Inn Gluten Free - Main Menu

**WHEN ORDERING FROM THIS MENU
PLEASE INFORM STAFF THAT YOU ARE
Gluten Free**



Starters

(V) red pepper and tomato soup £4.95
Served with toasted breads

Deli board for 2 £16.95
*Ham, olives, baked Camembert, pate, chutney, halloumi, chorizo,
breads & dips*

Baked Camembert £6.50
Served with warm breads, olive oil & balsamic

Chicken liver pate £6.50
Served with mixed leaves, chutney and warm breads

(V) Garlic mushrooms £5.50
Served on a bed of mixed leaves and crispy crouton

Mains

Allerford Chicken £13.95
*Chicken breast stuffed with smoked Applewood, sun dried
tomatoes, fresh basil and red pesto wrapped in Smokey
bacon*

Homemade Beef Chilli con carne £9.95*
Served on a bed of rice

Trio of Sausages £10.95*
*Served with creamy mashed potato, peas and a red onion
gravy*

Creamy Cajun chicken (HOT) £13.50*
*Chicken breast gently cooked in Cajun spices with a
mushroom and cream sauce served on a bed of rice*

(V) Stuffed flat field mushrooms £10.95
Stuffed with blue cheese and pesto

(V) Homemade vegetarian Chilli £9.95 *
Served on a bed of rice

From the Grill

We use a flame chargrill, orders over med well will have charring

Chargrilled 10oz Rump £15.95
*Local steak cooked to your liking served with balsamic glaze
cherry tomatoes*
Steak Sauces £3.00
Red peppercorn / garlic mushroom / blue cheese

Hunters chicken £12.95
*Topped with bacon, cheese & BBQ sauce
Served with chips & peas*

**Homemade chargrilled Allerford Beef burger
£11.95***
With cheese & Bacon
*Cooked to your liking served in a ciabatta roll served with
chips*
****MEGA BURGER 2 x burgers, double cheese, double
bacon, £16.95****

10oz Local chargrilled Gammon steak £12.95
Served with egg & pineapple

Mains served with a choice of
Thick cut chips – Dauphinoise – Mashed potato
And
Peas – Freshly steamed vegetables (*exception)
Fresh Veg £1 surcharge

Allergy? Ask staff for more information Some menu items may be change to make them
Sides / Garlic bread £3.00 / Warm breads £3.00 / Onion rings £3.00 / Chips £3.00