Free From menu



THE ALLERFORD INN

<u>Starters</u>

Homemade soup £5

Served with warm breads and butter (GF/VE)

Garlic mushrooms £6

Gently cooked in a white wine and garlic cream served on a crouton and bed of salad leaf. (GF)

Camembert for 2 £9

Baked boxed camembert with breads and balsamic and olive oil for dipping. (GF/VG)

Pate £6

Pate served with toasted breads and a salad garnish. (GF)

Halloumi fries £6

Halloumi fries drizzled in sweet chilli and spring onions served on a bed of salad leaf. (GF/VG)

Homemade Stonebaked Pizzas

£12 Pepperoni classic pizza loaded with cheese and stacks of pepperoni (GF/DF)

Mains Rump steak £18

28 days aged 12oz rump steak served with chunky chips, roasted tomato and petit pois. Add steak sauce for £2.00 (GF) Peppercorn - Garlic mushroom - Blue cheese

Allerford chicken £15

Oven roasted chicken breast served on seasonal vegetables, sauté new potatoes with a garlic cream white wine sauce finished with a pancetta crisp. (GF)

Chicken, chorizo and asparagus risotto £13

Beef short ribs £15

Beef short ribs served with creamy spring onion mashed potatoes and honey BBQ Sauce. (GF/DF)

£10 Hawaiian Ham off the bone, pineapple and cheese (GF/DF)

£13 BBQ Chicken fresh free-range chicken breast strips topped with cheese, red onion, sweetcorn and mushrooms (GF/(DF)

£14 The Allerford meat Special ham, chicken, beef steak, bacon and pepperoni topped with cheddar, mozzarella, mushrooms, sweetcorn and red onion(GF/DF)

£10 Margherita tomato sauce, buffalo mozzarella, fresh basil and olive oil (GF/VE)

£11 Vegetarian special three cheeses, mushrooms, peppers, onion, and sweetcorn (GF/VE)

£13 Hot n Spicy beef in a spicy sauce with cheese, jalapenos, pepperoni and onion (GF/DF)

GF - Gluten free **DF - Dairy Free VE - Vegan**

Mixed bean peppers £14

Bell peppers stuffed with mixed beans, rice and mozzarella served on a bed of salad with chunky chips. (GF/VE)

Gammon Steak £15

Chargrilled gammon steak served with egg, chips and a salad garnish. (GF/DF)

Hunters chicken £14

Free range chicken breast, bbg sauce, cheese and bacon served with salad, peas and chunky chips. (GF/DF)

Homemade Beef chilli £14

Served with rice. (GF/DF)

Vegan bean chilli £13

served with rice. (GF/VE)

Please let your server know if you have any dietary requirements!