

# Free From menu



THE ALLERFORD INN  
Making every moment count...

## Starters

### **Mussels £9**

Mussels in a creamy lemon, garlic and white wine sauce served with toasted breads. (GF)

### **Garlic mushrooms £7**

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 £7**

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

### **Halloumi fries £7**

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

### **Bruschetta £7**

Toasted breads topped with green pesto and a tomato, red onion and basil mix served on a bed of fresh salad. (GF)

## Homemade Stonebaked Pizzas

£14 Pepperoni classic pizza loaded with cheese and stacks of pepperoni (GF/DF)

£11 Hawaiian Ham off the bone, pineapple and cheese (GF/DF)

£15 BBQ Chicken fresh free-range chicken breast strips topped with cheese, red onion, sweetcorn and mushrooms (GF/DF)

£16 The Allerford meat Special ham, chicken, beef steak, bacon and pepperoni topped with cheddar, mozzarella, mushrooms, sweetcorn and red onion (GF/DF)

£11 Margherita tomato sauce, buffalo mozzarella, fresh basil and olive oil (GF/VE)

£12 Vegetarian special three cheeses, mushrooms, peppers, onion, and sweetcorn (GF/VE)

£14 Hot n Spicy beef in a spicy sauce with cheese, jalapenos, pepperoni and onion (GF/DF)

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

## Mains

### **Rump steak £22**

28 days aged 12oz rump steak served with chunky chips, roasted tomato, sautéed mushroom and petit pois.  
(GF/DF)

### **Allerford chicken £16**

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

### **Vegan Mediterranean Tart £15**

A shortcrust tart filled with a Mediterranean vegetable medley served with new potatoes, fresh vegetables and a salad garnish. (DF)

### **Pan seared pork loin £15**

Pan seared pork loins served on sweet potato mash, fresh steamed veg topped with a creamy garlic mushroom sauce. (GF)

### **Stuffed Mushrooms £14**

Flatfield mushrooms, stuffed with blue cheese, crème cheese, parmesan, walnuts and breadcrumbs, Served with salad and chunky chips. (GF/DF)

### **Fishcakes £16**

Seabass, cod, lime and ginger fishcakes served on a bed of salad with a sweet chilli sauce, peas and fries. (GF/DF)

### **Gammon Steak £17**

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

### **Hunters chicken £16**

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

### **Creamy Cajun chicken £15**

served on a bed of rice (GF)

### **Vegan bean chilli £13**

served with rice. (GF/VE)

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