

Gluten Free Menu

Starters

Homemade soup of the day

Served with a gluten free roll

£3.95

Five-mile Town Goats Cheese Salad

Grilled goats cheese fresh asparagus oyster mushrooms,
pie nuts, beetroot, rocket & watercress salad, red onion jam garnish

£6.95

Pan fried garlic & chilli crab claws

In lime, honey & red onion chilli jam

Asian salad, basil aioli

£8.95

Main Courses

Seared Salmon

Caramelised fondant potato,
smooth parsnip puree coriander & lime cream,
baby carrots, parsnip crisp

£14.95

Mourne Seafood Linguine

Fresh Cod, salmon, mussels prawns in a lemon saffron sauce

£14.95

Sweet Chilli Chicken Stir-fry

Wok fried vegetables & pilaff rice

£11.95

Traditional Turkey & Honey Roast Ham

Served with chefs' vegetables,
creamed champ duck fat roast potatoes

£10.95

Traditional Roast Sirloin of Beef

Served with chefs' vegetables creamed champ,
duck fat roast potatoes

£12.95

Herb Roasted Supreme of Chicken

On a bed of carbonara pasta, crispy bacon, basil pesto

£13.95

Flagstaff 8 oz. Burger

Served with caramelised onion oozy mozzarella,
baby gem lettuce on a gluten free bun
side of Sweet potato wedges

£10.95

Steak Sandwich

8oz steak Sandwich with sauté onions & pepper sauce

£14.95

Fillet Steak

8 oz. fillet with shallots, mushrooms,
seasoned chargrilled asparagus,
served with a choice of pepper Gaelic or Diane sauce

£22.95

Dry Aged Sirloin

12oz dry aged sirloin with shallots, mushrooms,
seasoned Chargrilled asparagus,
served with a choice of pepper gaelic or diane sauce

£20.95

