



The Henry Swan

GLUTEN FREE MENU

STARTERS

Aromatic Duck Salad £5.95

Warm shredded duck, served on mixed leaves with Cucumber and spring onions, drizzled with Hoi Sin sauce.

Prawn and Salmon Cocktail £5.95

Prawns bound together with iceberg lettuce and our Homemade Marie Rose sauce topped with Smoked salmon.

Loaded Potato Skins £5.75

Crispy potato skins filled with your choice of either bacon and cheese or Beef chilli and cheese.
Served with a sour cream and chive dip

PASTA AND SALADS

Tuna Nicoise Salad £8.95

New potatoes, green beans, black olives and cherry tomatoes tossed in vinaigrette and served on a bed of mixed leaves with tuna flakes and a hardboiled egg.

Chicken Caesar Salad £9.45

Crisp cos lettuce, chicken, bacon and red onion tossed in a creamy Caesar dressing, topped with parmesan shavings.

Homemade Meatballs £9.45

Meatballs and penne pasta (gluten free) tossed in our Homemade Bolognese sauce.

Pasta Carbonara £8.75

Penne pasta (gluten free) with chicken, bacon and Mushroom in our chef's creamy parmesan cheese sauce.

Aromatic Duck Salad £10.25

Warm shredded duck served on mixed leaves with cucumber and Spring onions and drizzled with Hoi Sin sauce.

VEGETARIAN

Caesar Salad £6.95

Crisp cos lettuce, and red onion tossed in a creamy Caesar dressing, topped with parmesan shavings.

Greek Salad £8.95

Feta chesse, black olives, red onion, tomatoes, cucumber
All mixed with vinaigrette and served on mixed leaves

Butternut Squash £8.95

Roasted and filled with vegetables topped with goats cheese and served with a salad garnish.

Broccoli and Mushroom Pasta Bake £9.45

Penne pasta (gluten free), broccoli and mushrooms all bound together in a creamy stilton sauce topped with breadcrumbs, and flashed grilled, served with a side salad.

CHEF'S SPECIALTIES AND PUB CLASSICS

Lamb Chops £12.50

Grilled lamb loin chops grilled to your liking and served with creamy mash and a rosemary and red currant jus

Seabass £14.50

Pan fried sea bass fillets served with tarragon crushed new Potatoes, wilted spinach and a lemon and dill vinaigrette

Half Roasted Chicken £8.95

½ roasted chicken served with chips and salad garnish

8oz Rib Eye Steak £15.75

Prime British rib eye, cooked to your liking and served with chips, grilled tomato, peas and salad garnish.

10oz Sirloin Steak £16.50

Prime British sirloin, cooked to your liking and served with chips, grilled tomato, peas and salad garnish.

10oz Gammon Steak £10.95

Grilled British gammon steak with your choice of egg or fresh pineapple, served with chips, peas and grilled tomato.
An extra egg or pineapple.

THURSDAY NIGHT ONLY

TRADITIONAL FISH AND CHIPS £10.95

Prime cod fillets in a homemade beer batter (Gluten free), deep fried and served with chips and mushy peas.