

Gluten Free Main Menu

SMALL PLATES & STARTERS

Chicken Tenders (gfo), panko breaded chicken tenders,
pineapple BBQ dip **£8**

Loaded Fries (gfo), cheese sauce, melted mature cheddar,
smoked bacon **£8**

Parmesan Truffle Fat Chips (gfo), hand-cut chips,
rosemary sea salt, truffle mayo, grated parmesan **£8**

Tempura Prawns (gfo), king prawns in crisp tempura batter,
sweet chilli dipping sauce **£9**

Brie Bites, panko breaded brie,
cranberry & onion jam **£8**

Tempura Vegetables (gfo) (v), deep fried vegetables in crisp batter,
Asian style dipping sauce **£8**

Tomato Bruschetta (v), garlic ciabatta, diced heirloom tomatoes, red onion,
balsamic reduction, basil pesto **£8**

Chicken Tacos (gfo), spiced shredded chicken, soft corn tacos, pickled onion, cucumber, guacamole,
charred sweetcorn & chilli salsa **£9**

Paneer Tikka (gfo) (v) tikka spiced Indian paneer cheese,
tikka masala sauce **£9**

SALADS

Cajun Blackened Salmon Salad (gfo), **£16**

Pan fried salmon supreme, salad of cucumber, charred sweetcorn, spring onions, chickpeas, sun
blushed tomatoes, edamame beans, roasted peppers, lemon & dill dressing

Mediterranean Chicken Salad (gfo), **£16**

Char-grilled Chicken breast, baby gem lettuce, grated parmesan, sun blushed tomatoes, kalamata
olives, cucumber, mozzarella pearls, smoked bacon, basil & parmesan dressing

Halloumi Nicoise Salad (gfo) (v), **£16**

Char-grilled halloumi, salad of green beans, baby gem lettuce, cherry tomatoes, black olives,
baby new potatoes, carrot & cucumber ribbons, French dressing

Burrata & Tomato Salad (v) **£16**

Fresh burrata, heirloom tomatoes, sun-blushed tomatoes, red onion,
basil ricotta, balsamic dressing

SIDES

Triple Cooked Chips (v) (gfo) **£5**

Mixed Green Vegetables (v) (gfo) **£4**

Dressed Chopped Salad (v) (gfo) **£4**

Skinny Chips (v) (gfo) **£5**

Sweet Potato Fries (v) (gfo) **£6**

SANDWICHES (gfo)

warm ciabatta sandwiches with kettle crisps

Roast Beef £14

Roasted sirloin of beef, beef braised onion, melted cheddar

Smoked Salmon & Cream Cheese £13

Scottish oak smoked salmon, dill & lemon cream cheese, dill pickled cucumbers, pickled onions

Chicken & Bacon Club £14

Shredded chicken, smoked bacon, smashed avocado, melted cheddar, baby gem, tomato

Pork Three Ways £14

Sliced roast loin of pork, smoked bacon, crushed crackling, hand-made coleslaw, truffle honey mayo

BIG PLATES & MAINS

Three Lakes Burger (gfo), £18

6oz char-grilled beef burger, smoked bacon, melted cheddar, brioche bap, beef tomato, lettuce, gherkin, red onion, battered onion rings, skinny chips

Veggie Burger (v) (gfo), £18

'Beyond Meat' veggie patty, melted cheddar, brioche bap, beef tomato, lettuce, gherkin, red onion, battered onion rings, skinny chips

8oz Sirloin Steak (gfo) £28

8oz Sirloin steak char-grilled to your liking, roasted mushroom & tomato, hand-cut triple cooked chips

Smoked Paprika, Tequila & Lime Chicken (gfo), £18

Chicken supreme roasted in our own recipe spiced marinade, skinny chips, dressed chopped salad, tikka masala sauce

DESSERTS

Apple Crumble (gfo) (v) £8.50

Slow braised apple, crumble topping, apple & cinnamon ice cream

Chocolate Brownie (gfo) (v) £8.50

Warm chocolate brownie, toffee sauce, salted caramel ice cream

Strawberry Eton Mess (gfo) (v) £8.50

Whipped cream, fresh strawberries, strawberry compote, crushed meringue

Local ice-cream selection (gfo) (v)

All ice creams are 'Dawlicious' hand-made ice creams from Hertford Heath Jersey cow dairy

1 scoop £3.75 / 2 scoops £7.00 / 3 scoops £10.00

Salted Caramel, Triple Chocolate, Vanilla, Strawberry, Apple & Cinnamon, Jersey Cream

ICE CREAM SUNDAES

Adults £9 Kids £6

Chocolate Fudge (gfo) (v)

Chocolate ice cream & vanilla ice cream, chocolate cake crumble, whipped cream, chocolate sauce

Strawberry Cream Tea (v)

Strawberry & vanilla ice cream, strawberries, scone crumble, whipped cream, strawberry sauce

CHILDREN'S MENU

Chicken Goujons (gfo) £8 - Breaded chicken breast goujons, fries & baked beans

Roasted Sausages (gfo) £8 - Cumberland sausages, mash, peas & gravy