



WOODLANDS  
HOTEL

# Gluten Free Lunch Menu

Food Allergies & Intolerances: Before ordering please speak to staff about your requirements

V: Vegetarian

Ask your server for today's soup allergies

## Starters

(v) Soup of the Day with Gluten Free Roll (E) or Oatcakes (GF O)	£4.50
(v) Rendezvous of Melon, Pineapple & Mango Salsa, Passion Fruit Sauce & Raspberry Sorbet	£5.00
Chicken Liver Pate, Red Onion Chutney & Oatcakes (SU, GF O)	£5.00
Classic Prawn Marie Rose Cocktail with Gluten Free Bread (E,M,CR)	£5.00
(v) Red Pepper Houmous, Harissa Marinated Olives, Gluten Free Toasted Bread (S,E,SU)	£6.00

## Main Courses

Lambs Liver, Bacon, Mash & Onion Gravy (SU,CE,M)	£10.00
Sweet & Sour Chicken & Rice (CE)	£10.00
Baked Haddock, Peas & Potatoes or Chips (F)	£10.00
Steak & Red Wine Casserole, Potatoes or Chips & Peas (CE,SU)	£10.00
Chicken Rogan Josh & Rice	£9.00
Hot Cajun Chicken or Hot Cajun Salmon (F) Salad, Tomato, Pepper & Lime Chutney (SU)	£10.00
(v) Chickpea, Sweet Potato, Spinach & Mushroom Rogan Josh & Rice	£9.00
Fillet of Seabass, Balsamic Roasted Vegetables & Dauphinoise Potato (F,M,SU)	£10.00
(v) Butternut Squash, Brie & Beetroot Tart, Dauphinoise Potato & Red Pepper Coulis (M,SU, may contain N,P,S)	£10.00
(v) Cajun Roast Flat Mushrooms, Falafel & Spinach Cake Salad Bowl, Tomato, Pepper & Lime Chutney (SU)	£9.50



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## Sides

(v) Chips/ Cajun Chips	£3.50	(v) Mushy Peas	£2.00
(v) Balsamic Garden Salad	£4.50	(v) Boiled Baby Potatoes	£3.00
(SU)			
(v) Mixed Vegetables	£2.00	(v) Roast Flat Mushroom	£3.50

### Chips & Cross Contaminate Risk

There is no Gluten in Chips, however our kitchen use fryers for other products which contain Gluten which may contaminate Chips in the cooking process and therefore may not be suitable for extremely sensitive sufferers.

## Desserts (v)

Chocolate & Coconut Tart in a Date & Mixed Nut Case, Chocolate Sauce, Vanilla Ice Cream (SO,M,N - cashew, hazelnut, walnut, almonds)	£5.50
Lemon Tart, Red Berry Coulis, Vanilla Ice Cream (E,M,may contain traces of N,SO)	£5.50
Mango & Passion Fruit Cheesecake, Passion Fruit Coulis, Vanilla Ice Cream (M,E, SU,GF O, may contain traces of N)	£5.50
Sticky Toffee Pudding & Vanilla Ice Cream (E,M,SO)	£5.50
Duo/Trio Ice Cream or Sorbet	£3.50/£4.50
Ice Cream: Vanilla (M,may contain N traces), Chocolate (M,SO), Strawberry (M), Mint Choc Chip (M,SO), Butterscotch (M,may contain N traces) or Dairy Free Ice Cream (SO)	
Sorbet: Passion Fruit, Caribbean Lime, Raspberry or Mango	

Redwood Card Holders receive 10% Discount on all the above