

THE ROYAL OAK - Gluten Free



Please ask for help with any allergies

STARTERS

Today's soup with gluten free (GF) bread (nv) £5.75

Sautéed squid with hot 'n sour noodle salad, miso dressing and peanuts (n) £7.75/£14.50

Wobbly Bottom Farm goats' cheese with heritage tomato, melon and basil oil (v) £6.50

Pan-fried pigs' head terrine with pickled local rhubarb and crackling £7.25

Pea panna cotta with roast butternut squash and mint salsa (v) £6.75

Grilled Cornish mackerel fillet with home-smoked beetroot, blood orange and feta £7.50

Bubble and squeak with oak smoked bacon, free range poached egg and hollandaise sauce £7.50/£13.75

MAIN COURSES

Braised beef cheeks with creamy mash and glazed heritage carrots £16.75

Moroccan spiced vegetable curry with pickled cucumber and mint yoghurt (v) £11.75

..... add sautéed chilli and garlic tiger prawns £4.50

Slow-cooked free range pork belly with potato dauphinoise, spring greens and cider apple jus £16.75

Courgette, leek and walnut crumble with wilted spinach (nv) £13.50

Pan-roast sea bream with Bombay potatoes, roast cauliflower, madras mayonnaise and pickled shallots £17.25

Three bean cassoulet with herb crust, new potatoes and buttered spinach (nv) £13.75

Pan-roast Cornish hake fillet with baked polenta, scorched baby gem, local asparagus and sauce vierge £16.75

Char-grilled 28-day, dry-aged 10oz Hereford rib-eye steak with sautéed potatoes and roast garlic butter £25.75

SIDES

Buttered seasonal vegetables £3.75 Creamy mash £3.50

Cobb salad £3.75 Sautéed new potatoes £4.00

Grilled baby gem with smoked bacon and tomato oil £4.25

PUDDINGS

Bucksum rhubarb and brown sugar meringue mess £6.50

Peanut butter panna cotta with caramelised bananas (n) £6.75

Mint parfait with chocolate and garden honeycomb £7.25

Sticky toffee pudding with salted caramel sauce and buttermilk sorbet £6.25

Marinated pineapple with mango, rum syrup and raspberry sorbet £6.50

Homemade ice cream (vanilla, chocolate, strawberry) £5.75

Homemade sorbet (lemon, raspberry, blood orange) £5.50

British cheeses with GF biscuits and spiced fruit chutney (n) £9.00

Affogato espresso and vanilla ice cream £4.50 Royal Oak chocolate truffles £3.75

All puddings and ice creams are made with Lacey's Farm milk and cream