

## GLUTEN FREE MENU

### Starters:

**Soup of the Day** with Roll & Butter **V**

**Tempura Tiger Prawns** with an Asian Salad, Sweet Chilli Sauce & a Fresh Lemon

**Ham Hock Terrine** with Apple Puree & Piccalilli with Toasted Gluten Free Bread

**Boathouse Prawn Cocktail** with Granary Croute

**Mozzarella, Heirloom Tomato & Avocado Bruschetta** with a Tomato Salsa **V**

### Mains:

**Ploughmans** Baked Ham, Mature Cheddar Cheese or both served with a Granary Gluten Free Roll, Piccalilli, Pickled Onions, Apple & Mixed Salad **(Served Daytime Only)**

**Honey Glazed Ham**, 2 Fried Eggs with Chunky Chips or Skinny Fries **(Served Daytime Only)**

**Norfolk Sausages**, 2 Fried Eggs with Chunky Chips or Skinny Fries **(Served Daytime Only)**

**BBQ Pulled Pork** on a Gluten Free Bun with Coleslaw, Onion Rings, Salad Garnish with a choice of Chunky Chips, Sweet Potato Fries or Spicy Wedges

**The Boathouse Battered Cod Fillet** with Chunky Chips, Garden Peas & Tartare Sauce

**The Boathouse Burger (6oz)** in a Gluten Free Bun with Relish, Baby Gem Lettuce, Tomato, Red Onion, Gherkin, Coleslaw, Onion Rings, Served with a choice of Chunky Chips, Sweet Potato Fries or Spicy Wedges

Add: Cheese £1.50, Bacon £1.50, Surf & Turf £2.50

**Cajun Chicken Burger** in a Gluten Free Bun with Relish, Gem Lettuce, Tomato, Red Onion, Gherkin & Coleslaw with a choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Spicy Wedges

**Norfolk Sausages** with Chive Mash, Caramelised Onion Gravy & Seasonal Vegetables

**The Boathouse Hunters Chicken** with Bacon, Melted Cheddar Cheese, Smokey BBQ Sauce, Salad Garnish & Coleslaw served with a choice of Chunky Chips, Sweet Potato Fries or Spicy Wedges

**Steamed Wing of Skate** with New Potatoes, Samphire & Tender Stem Broccoli with a Chorizo & King Prawn Butter

**Whole or Half Rack of Baby Back Ribs** with Barbecue Sauce, Onion Rings, Coleslaw & Side Salad with a choice of Chunky Chips or Skinny Fries

**Lamb & Mint Burger** in a Gluten Free Bun with Relish, Baby Gem Lettuce, Tomato, Red Onion, Gherkin, Coleslaw, Onion Rings, Served with a choice of Chunky Chips, Sweet Potato Fries or Spicy Wedges

**Chargrill on the Bone Pork Cutlet**, Marinated in Sage, Garlic & Lemon with Crispy Potato Cubes, Rocket, Cherry Tomato & Parmesan Salad with a Chestnut Mushroom & Peppercorn Sauce

### Gastro – Served from 5.30pm - 8.30pm

**Seafood Medley – Pan Fried** Monkfish, Red Mullet, Seabass, Salmon & Whole King Prawns, with a Rich Prawn Bisque, Potato Croquettes & Samphire

**Lamb Cutlets, Lamb Bon-Bons** with a Pea & Mint Puree, Fondant Potato, Roasted Carrots & a Red Wine Jus

**Honey & Chilli Marinated Chargrilled Chicken Supreme** with Parmentier Potatoes, Baby Chorizo, Tender Stem Broccoli with a Honey & Chilli Dressing

**10oz Sirloin Steak** with Hand Cut Chips, Field Mushroom, Griddled Tomato, Homemade Onion Rings & Seasonal Greens. Served with your choice of Green Peppercorn Sauce, Stilton Butter, or Garlic & Herb Butter

### Vegetarian:

**Five Bean & Vegetable Burger** in a Gluten Free Bun with Relish, Gem Lettuce, Tomato, Red Onion, Gherkin, Coleslaw & Onion Rings with a choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Spicy Wedges

**Battered Halloumi** with a Mixed Salad & Tomato Salsa with a choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Spicy Wedges

**Sundried Tomato & Mozzarella Risotto Cake** with Salsa Rossa, Baby Leaves, Confit Tomatoes & Vegetarian Hard Cheese

**All prices are the same as on the main menu**

We cannot guarantee that all our dishes are 100% free from nuts or derivatives.

Please ask a senior member of staff if you have any special dietary requirements or allergies.

## GLUTEN FREE MENU

### Salads:

**(All Served with a Granary Gluten Free Roll)**

**Prawn Marie Salad**

**Smoked Salmon & Avocado Salad** with a Citrus Vinaigrette

**Cajun Chicken Salad**

**Boathouse Summer Salad** with Heritage Tomatoes, Asparagus & Pickled Carrots

### Sandwiches – Served 12pm – 3pm

**(Served on White or Granary Gluten Free Bread with Salad Garnish & Crisps)**

**Norfolk Baked Ham** Tomato & Dijon Mustard

**Cheddar Cheese & Tomato**

**Traditional Egg Mayonnaise**

**Prawn Marie** with a hint of Paprika

**Smoked Salmon & Cream Cheese**

**Add Chunky Chips or Skinny Fries to any of the above sandwiches for £2.95**

**The Boathouse Club** (Griddled Chicken, Bacon, Tomato, Mayonnaise & Gem Lettuce), with Coleslaw & your choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Spicy Wedges

**BLT** (Crispy Bacon, Lettuce, Tomato & Mayonnaise) with Coleslaw & your choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Spicy Wedges

### Children's Meals:

**Homemade Chicken Goujons** & Chunky Chips with Peas or Baked Beans

**Homemade Cod Goujons** & Chunky Chips with Peas or Baked Beans

**Norfolk Sausages**, Mash Potato, Peas & Gravy

**Boathouse Burger** with Chunky Chips or Skinny Fries with Peas or Baked Beans

**Mini Ribs** with Corn on the Cob & Chunky Chips or Skinny Fries

### Side Orders:

Gluten Free Roll or Bread, Baked Beans, Coleslaw, Garlic Bread, Chunky Chips, Garden Peas, Onion Rings, Side Salad, Garlic Bread with Cheese, Cheesy Chunky Chips, Sweet Potato Fries, Spicy Wedges, Skinny Fries

### Desserts:

**Raspberry & White Chocolate Cheesecake** with Raspberry Puree, Chantilly Cream & Fresh Berries

**Boathouse Sundae** Vanilla Ice Cream, Chantilly Cream, Brownie Nuggets, Berry Compote & Meringue with Chocolate, Raspberry or Toffee Sauce

**Strawberry Pannacotta** with Vanilla Shortbread & Roast Strawberry Compote

**Salted Caramel Brownie** with Salted Caramel Sauce, Vanilla Ice Cream & Fudge Pieces

**Sticky Toffee Pudding** with Toffee Sauce & Vanilla Ice Cream

**Ice Cream:** Strawberry, Vanilla, Chocolate, Mint Choc Chip

**Sorbets:** Mango, Raspberry, or Lemon

### Children's Desserts:

**Mini Boathouse Sundae** Vanilla Ice Cream, Brownie Nuggets, Meringue with Chocolate, Raspberry or Toffee Sauce

**Mini Sticky Toffee Pudding** with Toffee Sauce & Vanilla Ice Cream

**Ice Cream:** Strawberry, Vanilla, Chocolate, Mint Choc Chip

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