

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 Mussel, Caper & Fresh Parsley 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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