



WOODLANDS
HOTEL

Gluten Free Dinner Menu

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

V: Vegetarian

Starters

- (v) Soup of the Evening with Gluten Free Roll (E), Toasted Gluten Free Bread (E) or Gluten Free Oatcakes (GF O) £5.50
- (v) Rendezvous of Melon, Pineapple & Mango Salsa, Passion Fruit Sauce & Raspberry Sorbet £6.50
- Chicken Liver Pate, Red Onion Chutney & Oatcakes (SU) £7.00
- Roasted King Prawn Skewer, Sweet Chilli Dip (CR,SU) £7.50
- Smoked Salmon, Prawns Marie Rose, Gluten Free Bread & Pea Shoots (F,E,CR,SU) £7.50
- (v) Red Pepper Houmous, Harissa Marinated Olives, Gluten Free Toasted Bread (S,E,SU) £7.50

Main Courses

- 8oz Sirloin Steak, Mushroom, Chips or Potatoes £18.95
- Steak & Red Wine Casserole, Peas, Baby Potatoes or Chips (CE,SU) £12.50
- Sticky BBQ Glazed Chicken Supreme, Sweet Potato & Coriander Mash, Broccoli & Red Pepper Coulis £13.50
- Fillet of Seabass, Dauphinoise Potato, Balsamic Roasted Vegetables (F,M,SU) £13.50
- Slow Cooked Beef Featherblade, Garlic Mash, Rosemary Gravy & Broccoli (CE,M,SU) £13.95
- Baked Fillet of Haddock, Peas, Baby Potatoes or Chips (F) £12.50
- (v) Chickpea, Sweet Potato, Spinach & Mushroom Rogan Josh & Rice £9.00
- (v) Butternut Squash, Brie & Beetroot Tart, Dauphinoise Potato, Broccoli, Red Pepper Coulis (M,SU, may contain N,P,S) £14.00
- (v) Fillet of Salmon, Garlic & Parsley Mash, Green Beans, Spinach & White Wine Cream Sauce (F,M,SU) £14.00

Salad

- Hot Cajun Chicken (SU) or Hot Cajun Salmon (F,SU) Salad, Tomato, Pepper & Lime Chutney £12.00
- (vg) Cajun Roast Flat Mushrooms, Falafel & Spinach Cake, Tomato, Pepper & Lime Chutney (SU) £9.50



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Burgers - served on a White Gluten Free Bun (E) with Chips & Coleslaw (E)

Cajun Chicken, Red Onion Chutney & Cheddar (M,SU)	£11.50
Sticky BBQ Beef & Mozzarella (M)	£11.50
(v) Falafel & Spinach Burger, Red Onion Chutney & Cheddar (M,SU)	£9.50

Sides

(v)Chips/Cajun Chips	£3.50	(v) Mushy Peas	£2.00
(v) Balsamic Garden Salad (SU)	£4.50	(v) Boiled Baby Potatoes	£2.50
(v)Peppercorns & Cream (M)	£1.75	(v)Garlic Butter & Cream (M)	£1.75
(v) Mixed Vegetables	£2.50	(v) Roast Flat Mushrooms	£3.50
Red Wine Gravy	£1.75	Onion Gravy	£1.75

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 therefor may not be suitable for sensitive sufferers.

Desserts (v)

Sticky Toffee Pudding, Vanilla Ice Cream (M,E may contain traces N,SO)	£6.50
Chocolate & Coconut Tart in a Date & Mixed Nut Case, Chocolate Sauce, Vanilla Ice Cream (SO,M,N - cashew, hazelnuts, walnut, almond)	£6.50
Lemon Tart, Red Berry Coulis, Vanilla Ice Cream (E,M,SO may contain N traces)	£6.50
Mango & Passion Fruit Cheesecake, Passion Fruit Coulis, Vanilla Ice Cream (M,E,SU, GF O, may contain N traces)	£6.50
Selection of Cheese, Red Onion Chutney & Oatcakes (M,SU, GF O)	£6.50
Duo/Trio of Ice Cream or Sorbet	£3.50/4.50
Ice Cream: Vanilla (M, may contain N traces), Chocolate (M,SO), Strawberry (M), Butterscotch (M,may contain N traces), Mint Choc Chip(M,SO) & Dairy Free Ice Cream(SO)	
Sorbet: Passion Fruit, Caribbean Lime, Raspberry or Mango	

Redwood Card Holders receive 10% Discount on all the above