



WOODLANDS
HOTEL

Gluten Free Dinner Menu

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

Starters

(v) Soup of the Evening with Gluten Free Roll or Toasted Gluten Free Bread	£5.75
(v) Rendezvous of Melon, Pineapple & Mango Salsa, Passion Fruit Sauce & Raspberry Sorbet	£6.00
Chicken Liver Pate, Red Onion Chutney & Oatcakes	£6.50
Roasted King Prawn Skewer, Sweet Chilli Dip	£7.00

Main Courses

8oz Sirloin Steak, Mushroom, Tomato, Chips or Potatoes	£22.50
Steak & Red Wine Casserole, Peas, Baby Potatoes or Chips	£12.50
Rosemary Roasted Chicken Breast, Grain Mustard Mash, Onion Gravy & Broccoli	£13.95
Fillet of Seabass, Dauphinoise Potato, Balsamic Roasted Vegetables	£12.95
Beef Burger, Monterey Jack Cheese on a White Bun, Red Cabbage Slaw & Chips	£11.00
Slow Cooked Beef Featherblade, Garlic Mash, Rosemary Gravy & Green Beans	£13.95
Baked Fillet of Haddock, Peas, Baby Potatoes or Chips	£12.50
Penne Pasta, Mediterranean Vegetables, Tomato & Red Pepper Sauce	£10.50
With Chicken	£12.50

Salad

Cajun Salmon Salad, Tomato, Pepper & Lime Chutney	£12.00
Smoked Chicken Salad, Balsamic Dressing, Parmesan	£10.95



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Sides

Chips/Cajun Chips	£3.50	Mushy Peas	£2.00
Balsamic Garden Salad	£4.50	Boiled Baby Potatoes	£2.50
Peppercorns & Cream	£2.00	Garlic Butter & Cream	£2.00
Mixed Vegetables	£2.50	Roast Flat Mushrooms	£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 therefor may not be suitable for sensitive sufferers.

Desserts

Sticky Toffee Pudding, Vanilla Ice Cream	£6.50
Bramley Apple & Cinnamon Butter Crumble, Crème Anglaise & Vanilla Ice Cream	£6.50
Gluten Free Chocolate Brownie, Vanilla Ice Cream & Chocolate Fudge Sauce	£6.50
Selection of Cheese, Red Onion Chutney & Oatcakes	£6.50
Duo/Trio of Ice Cream or Sorbet	£3.50/4.50

Ice Cream: Vanilla, Chocolate, Strawberry, White Chocolate, Butterscotch, Mint Choc Chip

Sorbet: Passion Fruit, Caribbean Lime, Raspberry

Cross Contamination Risk

The oats used in Apple Crumble Slice are carefully produced so that they are free from Cross Contamination by other gluten containing grains such as Wheat, Rye & Barley

Redwood Card Holders receive 10% Discount on all the above