



WOODLANDS  
HOTEL

# Gluten Free Lunch Menu

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

## Starters

(v) Soup of the Day with Gluten Free Roll	£4.50
Rendezvous of Melon, Pineapple & Mango Salsa, Passion Fruit Sauce & Raspberry Sorbet	£5.00
Chicken Liver Pate, Red Onion Chutney & Oatcakes	£5.00
Classic Prawn Marie Rose Cocktail with Gluten Free Bread	£5.00

## Main Courses

Lambs Liver, Bacon, Mash & Onion Gravy	£10.00
Sweet & Sour Chicken & Rice	£10.00
Baked Haddock, Peas & Potatoes or Chips	£10.00
Steak & Red Wine Casserole, Potatoes or Chips & Peas	£10.00
(v) Penne Pasta, Tomato & Red Pepper Sauce & Vegetables	£10.00
Smoked Chicken Salad, Balsamic Dressing, Parmesan	£10.00
Hot Cajun Salmon Salad, Tomato, Pepper & Lime Chutney	£10.00

## Sides

Chips/ Cajun Chips	£3.50	Mushy Peas	£2.00
Balsamic Garden Salad	£4.50	Boiled Baby Potatoes	£3.00
Mixed Vegetables	£2.00	Roast Flat Mushroom	£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 and therefore may not be suitable for extremely sensitive sufferers.



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### Sweets

Bramley Apple & Cinnamon Butter Crumble, Crème Anglaise & Vanilla Ice Cream	£6.50
Gluten Free Chocolate Brownie , Vanilla Ice Cream & Chocolate Sauce	£6.50
Selection of Cheese, Celery, Fruit Chutney & Oatcakes	£6.50
Sticky Toffee Pudding & Vanilla Ice Cream	£6.50
Duo/Trio Ice Cream or Sorbet	£3.50/£4.50
Ice Cream: Vanilla, Chocolate, Strawberry, Blueberry, Mint Choc Chip	
Sorbet: Passion Fruit, Caribbean Lime, Raspberry	

Redwood Card Holders receive 10% Discount on all the above.