



GLUTEN FREE MENU

Homemade Soup - £5.95
No Roll

8oz Sirloin Steak - £18.50
No Onion Rings

Gammon Steak - £12.75

Lifeboat Burger - £13.75
No Bun - No Onion Rings

Haddock - £12.95
GF Flour

Smoked Haddock Fishcakes - £11.45

Chicken Tikka Masala - £11.75
No Naan Bread

Sweet Potato & Chickpea Curry - £11.75
No Naan Bread

Vegan Moroccan
Nut Roast - £11.25

Vegan Panang Coconut Curry - £12.25
"Spicy" - No Naan Bread

SALADS – NO BREAD

Cheese Salad- £11.45

Local Crab (when available) - £14.50

ALL JACKET POTATOES

Just Jacket - £6.00

Cheese - £6.75

Cheese and Coleslaw - £7.25

Cheese and Beans - £7.25

Tuna with Mayonnaise - £7.75

DESSERTS

Ice Cream Scoops & Sauces (No Wafer) - £5.95

Chocolate Torte with Cream or Ice Cream - £6.95

We have a separate fryer for GF foods and chips.
Please specify when ordering that would like the Gluten Free option.
There may be a wait on GF Haddock as they require extra preparation.

