

GLUTEN FREE MENU

STARTERS

Soup of the Day (v) £6.50
Served with gluten free bread and butter
Ask for today's choice

Nachos with Cheese (v) £6.50
Tortilla chips topped with cheese, tangy salsa and fiery jalapeños

Prawn Cocktail £7.50
With lettuce, house cocktail sauce, gluten free bread and butter

Garlic and Stilton Mushrooms £6.50
In a creamy garlic and stilton sauce served with gluten free bread

Olives £3.95

SALADS

Prawn £12.95

Cheese £11.50

Feta, Olive & Sun Dried Tomatoes £11.50

Cheese Ploughman's £11.95
with gluten free baguette

BAGUETTES

Accompanied with a mixed salad garnish, crisps and coleslaw

CHOICE OF FILLINGS

Prawn or Chicken & Bacon £8.95

Tuna or £8.95

Cheese £8.50

JACKET POTATO

Served with a mixed salad garnish

CHOICE OF FILLINGS

Cheese or Baked Beans £9.45

Prawn or Tuna £11.95

Cheese & Beans £10.45

MAINS

Rib-Eye Steak £18.95
Succulent steak served with new potatoes or jacket potato, mushrooms, tomato and peas

Gammon Steak £15.95
Served with new potatoes or jacket potato, egg and peas

Barnsley Lamb Chop £17.95
Served with bubble & squeak, seasonal vegetables and mint jus

Chunky Beef Chilli Con Carne £13.50
Served with Rice

Salmon Fish Cakes † £12.95
Served on a bed of mixed salad

Lambs Liver and Bacon Casserole £12.95
Served with mashed potato and seasonal vegetables

Chicken and Mushroom Stroganoff £12.95
Chicken breast and mushrooms in a rich creamy sauce served with rice

Mushroom Stroganoff (v) £11.50
Mushrooms in a rich creamy sauce served with rice

Hunters Chicken £12.95
A chicken breast topped with bacon, BBQ sauce and mature Cheddar cheese. Served with new potatoes or jacket potato and a mixed salad

Bacon and Cheese Burger £13.95
Served in a gluten free bun with new potatoes or jacket potato and a mixed salad

SWEET TREATS

Eton Mess (v) £6.95
A traditional English dessert of whipped cream, meringue, strawberries and berry coulis

Chocolate Brownie (v) £6.95
Served with custard, cream or ice cream

Mango, Orange and Lemon Sorbet £5.95

Strawberry, Chocolate or Vanilla Ice Cream £4.95

The Shepherd and Dog Pub

Lower Road, Onehouse, Stowmarket, Suffolk IP14 3BX ☎ 01449 614675

Please ask a member of the team if you require full allergen information on the ingredients in the food we serve

We use the best ingredients available to ensure quality. All our eggs are free range, our fish is hand-battered for freshness and our beef steaks are 35-day matured for maximum flavour

(v) These dishes on our menu are suitable for vegetarians. Whilst we take care to preserve the integrity of our vegetarian products, we must advise that these products are handled in a multi-kitchen environment. All our food is prepared in a kitchen where nuts, cereals containing gluten & other allergens are present, therefore we cannot guarantee that any food item is completely free from allergens due to the risk of cross contamination. † May contain bones, Scampi may contain one or more tail per piece.