

# WELCOME TO THE COOPERS ARMS

## GLUTEN FREE

HERE AT THE COOPERS WE RECOGNISE THAT MANY OF OUR CUSTOMERS HAVE ALLERGIES TO WHEAT FLOUR . WE ARE PLEASED TO ANNOUNCE THAT WE HAVE NOW MANAGED TO OBTAIN A SUBSTANTIAL PROPORTION OF OUR MENU INGREDIENTS FROM GLUTEN FREE SOURCES. WE BELIEVE THAT WE ARE NOW OFFERING A COMPREHENSIVE CHOICE OF MEALS THAT WOULD NOT BE AVAILABLE TO YOU IN OTHER ESTABLISHMENTS. WE ALSO BELIEVE THAT USING GLUTEN FREE INGREDIENTS CAN ALSO ENHANCE THE FLAVOUR AND QUALITY OF OUR MEALS.

## ALL GLUTEN FREE MEALS ARE MARKED (GF)

### STARTERS

#### **Soup (GF) .....£4.95**

Chefs homemade soup of the day, served with a freshly baked bread roll & butter

#### **Crispy Bacon & Black Pudding.....£5.25**

On a bed of mixed leaves and topped with a poached egg

#### **Pate (GF).....£4.95**

Chefs homemade pate of the day

Served with a fresh crispy side salad and gluten free toast.

#### **Thai Fish Cakes (GF) .....£4.95**

Soft cod flakes and prawns combined with lemon grass, ginger spice and shredded potato, with a crispy coating served with a crispy salad garnish and chilli dip

#### **Stuffed Mushrooms (GF).....£4.95**

Crispy bacon and cheddar cheese filled mushrooms, served with a crispy salad garnish and a barbecue dip

#### **Chicken Goujons.....£4.95**

Chicken breast fillets coated in a southern fried coating, served with a crispy salad garnish and homemade coleslaw.

**BREAD ROLLS MAY NOT BE GLUTEN FREE**

**GLUTEN FREE BREAD AVAILABLE ASK YOUR SERVER**

# MAIN COURSES

All served with a choice of either chips, jacket potato or new potatoes and with fresh seasonal vegetables or crispy salad garnish

## Fish

**(FISH MAY CONTAIN BONES)**

**Salmon (GF).....£10.95**

A large fillet of skinless salmon covered in a homemade lemon & dill sauce.

**Battered or Breaded Cod.....£8.65**

A fresh cod fillet, coated in our own crispy batter or golden breadcrumbs. **(Available in Gluten Free batter)**

**Grilled Cod (GF).....£8.65**

A fresh cod fillet, lightly grilled and served with a homemade hollandaise sauce.

**Scampi.....£9.95**

Whole tail scampi coated in natural golden breadcrumbs

### Thai Fishcakes

**(GF).....8.95**

Soft cod flakes and prawns combined with lemon grass, ginger spices and shredded potato with a crispy dusted coating served with sweet chilli dip.

## Chicken

### Chicken & Stilton

**(GF).....£7.25**

A boneless chicken breast topped with a creamy smoked bacon, mushroom and stilton sauce

### Chicken Alexandra

**(GF).....£7.25**

A boneless chicken breast topped with a creamy homemade broccoli & asparagus sauce

**Tarragon Chicken (GF).....**

**£7.25**

A boneless chicken breast topped with a creamy smoked bacon, mushroom and tarragon sauce

**Chicken & Bacon Roulade (GF)..... ..£9.95**

Chicken breast with a bacon, shallot & parmesan stuffing and topped with a creamy white wine and chive sauce



**Seabass (GF).....£9.95**

A fresh fillet of Seabass, lightly grilled and topped with lemon & dill butter

**Grilled Plaice (GF).....**

**£8.65**

A fillet of plaice, lightly grilled and drizzled with lemon butter

### Battered or Breaded Plaice

**.....£8.65**

A fillet of plaice coated in our own crispy batter or golden breadcrumbs and deep fried until go  
**(Available in Gluten Free batter)**

### Oven baked Cod Fillet

**(GF).....£9.65**

Oven baked cod fillet wrapped in parmar ham, served with spring onion mash and finished with a pea puree.

**Philly Chicken (GF).....£9.95**

Boneless chicken breast filled with cream cheese wrapped in parma ham and topped with a creamy cheese & chive sauce.

**Butterfly Cajun Chicken (GF).....£7.95**

A boneless chicken breast marinated in cajun herbs and spices

### Hawaiian Chicken

**(GF).....£7.25**

Boneless chicken breast with a melted cheese and pineapple topping

### Chicken & Black

**Pudding.....£7.95**

A boneless chicken breast filled with a black pudding stuffing, served with a creamy mushroom sauce.

## Beef

### **Braised Beef (GF).....£9.95**

Sliced beef, gently braised with mushrooms, onions, celery and tomatoes in our own red wine gravy.

### **Beef & Stilton Lasagne (GF).....£7.95**

Layers of rice pasta, minced beef and blue stilton topped with melted cheddar

### **Steak & Kidney Pudding.....£8.95**

A light suet pudding filled with tender diced stake & kidney and a rich beef gravy.

### **Beef Bourguignon .....£9.95**

Tender diced beef cooked with red wine, carrots, onions, mushrooms, bacon lardons, thyme, garlic and bay leaves in a rich gravy.

## Pork

### **Pork & Cranberry melt. (GF).....£7.45**

Pan fried pork loin chops topped with apple, Cranberry and melted cheese

### **Belly pork (GF) .....£9.95**

Slow roasted belly pork filled with an apple, sage & onion stuffing wrapped in smoked bacon and served with an apple and cider jus.

### **Roasted pork fillet. (GF) .....£8.25**

Roast pork fillet wrapped in parma ham  
Served with an apple sage & onion jus.

### **Pork escalope .....£7.45**

Breaded pork escalope cooked until golden brown and finished with a wholegrain mustard sauce.

## Duck

### **Duck Breast (GF).....£9.95**

A juicy pan seared gressingham duck breast served with a sauce of your choice.

Choose from,, black cherry, orange or hoi-sin.

### **Sweet & Sour Duck. (GF) .....£9.95**

Gressingham duck breast cooked with onions, peppers and pineapple in our own authentic sweet and sour sauce.

## Lamb

### **Barnsley Lamb Chop (GF).....£8.95**

Grilled Barnsley lamb chop served with a mint gravy

### **Shrewsbury Lamb (GF).....£11.95**

Boneless lamb steak cooked with mushrooms, onions and red currants in a rich red wine gravy

### **Braised Lamb, (GF).....£9.95**

Tender diced lamb gently braised in our own gravy with mushrooms, peppers and rosemary.

### **Lamb Henry. (GF).....£11.95**

A cut of lamb from the shoulder, slow braised in a red wine and mint gravy

### **Lamb shank .....£11.95**

Slow braised lamb shank cooked with red wine and red currants, Served with a rich redcurrant jus

## Salads

### **Chicken & pepper salad (GF).....£7.25**

Strips of blackened Cajun chicken and peppers  
Served on a bed of fresh salad with a chilli dressing, with new potatoes or a bread roll.

### **Chicken Caesar**

### **Salad.....£7.25**

Chicken breast and crispy smoked bacon tossed in a Caesar dressing with croutons and topped with grated parmesan served with new potatoes or a bread roll.

### **Gammon & Peach Salad (GF)....£7.95**

A sliced horseshoe gammon with peaches Served on a bed of fresh mixed salad with new potatoes or bread roll.

### **Salmon & King Prawn Salad (GF)...£12.95**

Salmon fillet with king prawns served on a bed of fresh mixed salad, and served with marie rose sauce new potatoes or bread roll.

**(Please note bread roll may not be gluten free.)**

# Indian & Mexican

## **Chicken Balti (GF).....£7.95**

Tender chunks of chicken breast cooked with onions, peppers, garlic and coriander in our own authentic sauce served with naan bread, poppadum and mango chutney

## **Beef Madras**

### **(GF).....£7.95**

Homemade to our authentic recipe, nice, spicy and HOT! (Not for the faint hearted) served with naan bread, poppadum and mango chutney

## **Vegetable Balti**

### **(GF).....£7.45**

A vegetable feast, including beans, chick peas, sweet corn, mushrooms and potatoes finished with fresh garlic & coriander served with naan bread, poppadum and mango chutney

## **Lamb Tagine (GF) .....£9.95**

Tender diced lamb cooked in our chefs own curry sauce  
With coconut milk and apricots,  
Served with naan bread, poppadum and mango chutney

## **Mexican Chilli Con Carne (GF)..£8.95**

Made to our special recipe with minced beef,  
sweet potatoes, red onions and kidney beans cooked in a spicy  
sauce with paprika and coriander, topped with melted cheese.

All served with a choice of either a  
Timbale of rice, chips, or half and half.  
**Please note Naan bread may not be Gluten free**

# Children's Menu

Battered chicken nuggets

Battered fish goujons

Cheese / tomato Pizza

Sausage

½ Battered cod

All served with a choice of  
Chips or new potatoes with  
Baked beans or garden peas

**All at only £4.95 each**

# Vegetarian

## **Vegetable lasagne (GF).....**

**£7.45**

A combination of delicious vegetables including aubergine, courgette, peppers, mushrooms, tomato and onion gently casseroled in a well seasoned sauce and layered with gluten free rice pasta and finished with melted cheddar cheese

## **Pasta Bake (GF) .....£7.95**

Rice pasta with broccoli and mushrooms in a creamy stilton sauce.

## **Squash & Coconut Curry(GF) .....**

**£7.95**

Butternut squash, potatoes and peas finished with chefs own coconut curry sauce.

## **Pasta Alfredo (GF).....£7.95**

Rice pasta tossed in a creamy parmesan sauce and finely chopped parsley

## **Cauliflower Cheese Pie.....£7.95**

Cauliflower in a rich cheese sauce topped with a champ mash and lightly grilled



## Sunday lunch Main course

only

Choose from Beef, Turkey or Gammon Ham.  
Make your own choice of any two cuts of our  
freshly cooked Sunday joints, all served with  
roast and new potatoes and three fresh seasonal  
vegetables.

**£7.95**

## From the Grill

All of our grills are served with mushrooms, onion rings  
grilled tomato, with a choice of chips, jacket potato  
or new potatoes and garden peas.

**Ask your server if you require gluten  
free.**

12oz Gammon steak (GF).....	£11.95
Served with egg or pineapple	
8oz Rump Steak (GF).....	£10.95
16oz Rump Steak (GF).....	£19.95
10oz Sirloin Steak (GF).....	£18.95
8oz Fillet Steak (GF).....	£19.95
10oz Ribeye Steak (GF).....	£18.95
12oz T Bone (GF) .....	£19.50

Coopers Mixed Grill.....	£17.95
Steak, gammon, pork chop, lamb chop, liver, sausage, black pudding and two fried eggs	

## Why not add a sauce to your grill choice?

### Sauces

Brandy and mushroom sauce (GF)
Garlic and mushroom sauce (GF)
Port and stilton sauce (GF)
Dianne sauce (GF)
Creamy peppercorn sauce (GF)
Whisky and peppercorn sauce
All at only £3.95 each

## FRIDAY NIGHT STEAK SPECIAL

Buy any two steaks, A choice of  
either, 8oz Fillet steak, 10oz  
Sirloin steak, 16oz Rump steak,  
12oz T bone or 10oz Ribeye steak  
or a combination of any two steaks  
And receive a free bottle of house  
wine (footsteps) Chardonnay, Rose  
Merlot or Shiraz.

### Sides

A brace of fried eggs	£1.50
Chips	£1.95
Vegetables	£1.50
New potatoes	£1.50
Rice	£1.50
Bread roll	£0.50
Salad	£1.75
Mushrooms	£1.75
Onion rings	£1.75
Garlic bread	£3.25
Cheesy garlic bread	£3.75