

ESTCOURT TAVERN

NO GLUTEN-CONTAINING MENU

OPTIONS FROM OUR MAIN, LUNCH & KIDS MENUS

Please speak to a member of our team before ordering. This menu shows reviewed no-gluten-containing options and agreed substitutions. Cross-contact is possible, so our kitchen will confirm your meal and preparation.

STARTERS

Chicken Wings Choose BBQ, sweet chilli or Frank's sauce. <i>Allergens: Mustard and celery in some sauces</i>	£5.99
Chicken Kebabs Served with sweet chilli sauce. <i>Allergens: Celery</i>	£5.99
Nachos Tortilla chips with nacho cheese, mozzarella, jalapeños, salsa, sour cream and guacamole. <i>Allergens: Egg and milk</i>	£5.99
Veg Nachos Vegetarian nachos with cheese, jalapeños, salsa, mayonnaise and guacamole. <i>Allergens: Egg, milk and mustard</i>	£5.99

MAIN COURSE

Hunter's Chicken Chicken breast with bacon, BBQ sauce and melted cheese. Jacket potato or mash instead of chips. <i>Allergens: Milk, mustard and celery</i>	£12.99
Gammon, Egg and Chips Gammon and fried egg with jacket potato or mash instead of chips. <i>Allergens: Egg</i>	£11.99
Gluten-free Sausage & Mash Green Gourmet pork sausages with mash, peas and gravy. Yorkshire pudding removed. <i>Allergens: Soya, sulphites, milk, celery and mustard</i>	£11.99
Gluten-free All-Day Breakfast Green Gourmet pork sausages, bacon, eggs, beans and tomato with jacket potato or mash. <i>Allergens: Soya, sulphites and egg</i>	£10.99

SALADS

Chicken Salad Chicken with seasonal salad mix and French dressing. <i>Allergens: Mustard in dressing</i>	£12.99
Chicken & Bacon Salad Chicken, bacon, seasonal salad mix and French dressing. <i>Allergens: Mustard in dressing</i>	£13.99
Halloumi Salad (V) Grilled halloumi with seasonal salad mix and French dressing. <i>Allergens: Milk and mustard</i>	£12.99

BURGERS

Served in a Genius gluten-free seeded roll. Choose jacket potato or mash instead of chips. No onion rings.	
Beef Burger <i>Allergens: Egg and mustard</i>	£10.99
Cheeseburger <i>Allergens: Milk, egg and mustard</i>	£11.99
Cheese & Bacon Burger <i>Allergens: Milk, egg and mustard</i>	£12.99
Beyond Burger (V) <i>Allergens: Milk, egg and mustard</i>	£11.99

CHEF RECOMMENDS

Roast Lamb Shank With mash, broccoli, carrots and gravy. <i>Allergens: Milk, celery, egg, mustard and soya</i>	£15.99
Chicken Combo Choose two chicken options and one sauce. Gluten-free side choices: side salad (French dressing contains mustard), coleslaw, baked beans or garden peas. <i>Allergens: Depends on choices</i>	£14.99

JACKETS

Served with seasonal salad mix. French dressing can be removed.	
Jacket Potato with Cheese <i>Allergens: Milk and mustard</i>	£6.99
Jacket Potato with Beans <i>Allergens: Mustard in dressing</i>	£6.99
Jacket Potato with Tuna <i>Allergens: Fish and mustard</i>	£6.99
Jacket Potato with Coleslaw <i>Allergens: Egg and mustard</i>	£6.99

SUNDAY ROASTS

Our gluten-free roast option: served with roast potatoes or mash, vegetables, cauliflower cheese and gravy. Stuffing and Yorkshire pudding are removed.

Roast Beef Roast beef with roast potatoes or mash, vegetables, cauliflower cheese and gravy. No stuffing or Yorkshire pudding. <i>Allergens: Milk, celery, mustard and soya</i>	£14.99	Roast Turkey Roast turkey with roast potatoes or mash, vegetables, cauliflower cheese and gravy. No stuffing or Yorkshire pudding. <i>Allergens: Milk, celery, mustard and soya</i>	£13.99	Roast Lamb Shank Roast lamb shank with roast potatoes or mash, vegetables, cauliflower cheese and gravy. No stuffing or Yorkshire pudding. <i>Allergens: Milk, celery, mustard and soya</i>	£16.99	Beef & Turkey Duo Roast beef and turkey with roast potatoes or mash, vegetables, cauliflower cheese and gravy. No stuffing or Yorkshire pudding. <i>Allergens: Milk, celery, mustard and soya</i>	£15.99
--	---------------	--	---------------	--	---------------	--	---------------

LUNCH MENU

LUNCH STARTERS

Included in the two-course lunch: £10.99, Monday to Friday, 12pm–5pm.

Chicken Wings

Choose BBQ, sweet chilli or Frank's sauce.

Allergens: Mustard and celery in some sauces

Mini Nachos

Tortilla chips topped with nacho cheese, mozzarella, jalapeños, salsa, sour cream and guacamole.

Allergens: Egg and milk

LUNCH MAINS

Included in the two-course lunch: £10.99, Monday to Friday, 12pm–5pm.

Gluten-free Sausage & Mash

Green Gourmet pork sausages with mash, peas and gravy.

Allergens: Soya, sulphites, milk, celery and mustard

Gammon, Egg and Chips

Jacket potato or mash instead of chips.

Allergens: Egg

Hunter's Chicken

Jacket potato or mash instead of chips.

Allergens: Milk, mustard and celery

Chicken Salad

Allergens: Mustard in dressing

Halloumi Salad

Allergens: Milk and mustard

LUNCH SANDWICHES

Choose any sandwich and any side for £9.99. All sandwiches use the Genius gluten-free seeded roll.

Grilled Cheese

Allergens: Milk and egg

Grilled Cheese & Tomato

Allergens: Milk and egg

Grilled Cheese & Onion

Allergens: Milk and egg

Hunter's Chicken

Roasted chicken, bacon, cheese and BBQ sauce.

Allergens: Milk, egg, mustard and celery

Roasted Chicken & Sweet Chilli

Roasted chicken, cheese and sweet chilli sauce.

Allergens: Milk and egg

LUNCH SIDES

Jacket Potato

Mashed Potato

Allergens: Milk

Side Salad

Allergens: Mustard in dressing

KIDS MENU

KIDS' MAINS

Gluten-free Sausages

Green Gourmet pork sausages.

Allergens: Soya and sulphites

Kids' Hunter's Chicken

Chicken breast with bacon, BBQ sauce and cheese.

Allergens: Milk, mustard and celery

KIDS' CHOICES

Baked Beans

Peas

Carrot Sticks

Sweetcorn

Cucumber Sticks

Jacket Potato

Mashed Potato

Allergens: Milk

Side Salad

Allergens: Mustard in dressing

KIDS' DESSERTS

Strawberry Sundae

Allergens: Milk, may contain soya

3 Scoops of Ice Cream

Allergens: Milk, may contain soya

DESSERTS

Chef's Menu Chocolate Fudge Brownie

Gluten-free brownie 304393.

Allergens: egg, milk and soya, may contain nuts

3 Scoops of Ice Cream

Choose vanilla, strawberry or chocolate with a sauce or syrup.

Allergens: milk, may contain soya

£3.99

FOOD ALLERGIES & INTOLERANCES Please tell us about your allergy before ordering. Ingredients and preparations can change.