

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	£6.95
With lettuce, house cocktail sauce, gluten free bread and butter	
Garlic and Stilton Mushrooms	£6.50
Mushrooms in a creamy garlic and stilton sauce served with gluten free bread	
Olives	£3.95

SALADS

Prawn	£11.50
Cheese	£10.95
Feta, Olive & Sun Dried Tomatoes	£10.95
Cheese Ploughman's with gluten free baguette	£10.95

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	£8.95
Prawn	or	Tuna	£11.50
Cheese & Beans			£9.95

MAINS

Rib-Eye Steak	£18.95
Succulent steak served with new potatoes or jacket potato, mushrooms, tomato and peas	
Gammon Steak	£14.95
Served with new potatoes or jacket potato, egg and peas	
Barnsley Lamb Chop	£16.95
Served with bubble & squeak, seasonal vegetables and mint jus	
Chunky Beef Chilli Con Carne	£12.50
Served with Rice	
Salmon Fish Cakes †	£11.95
Served on a bed of mixed salad	
Lambs Liver and Bacon Casserole	£11.95
Served with mashed potato and seasonal vegetables	
Chicken and Mushroom Stroganoff	£11.95
Chicken breast and mushrooms in a rich creamy sauce served with rice	
Mushroom Stroganoff (v)	£10.95
Mushrooms in a rich creamy sauce served with rice	
Hunters Chicken	£11.95
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	£12.95
Served in a gluten free bun with new potatoes or jacket potato and a mixed salad	
Buttermilk Southern Fried Chicken Burger	£12.95
Served in a gluten free bun with new potatoes or jacket potato and a mixed salad	

SWEET TREATS

Eton Mess (v)	£5.95
A traditional English dessert of whipped cream, meringue, strawberries and berry coulis	
Chocolate Brownie (v)	£5.95
Served with custard, cream or ice cream	
Raspberry and Lemon Sorbet	£4.95
Strawberry, Chocolate or Vanilla Ice Cream	£4.95



The Shepherd and Dog Pub
Lower Road, Onehouse, Stowmarket, Suffolk IP14 3BX
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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.