

FOR THE LITTLE ONES All £4.75

CHEESE & TOMATO GARLIC CIABATTA WITH CHIPS
GLUTEN - MILK - SULPHITES - CELERY

SAUSAGE, CHIPS OR MASH POTATOES AND BEANS
GLUTEN - SULPHITES - MILK - SOYA

FRESHLY BATTERED FISH, CHIPS & PEAS mushy or garden peas
GLUTEN - FISH - SULPHITES - SOYA

CHICKEN BREAST with potatoes, vegetables and gravy
GLUTEN - CELERY - SOYA

CHICKEN NUGGETS & CHIPS
GLUTEN - CELERY - EGG - MUSTARD - SULPHITES - SOYA

PENNE PASTA in a delicious tomato and herb sauce
GLUTEN - CELERY

EGG, CHIPS & BAKED BEANS
EGG - SULPHITES

LITTLE SWEETS

ICE CREAM - 1 SCOOP £2.00

choose from vanilla, chocolate or strawberry tub - served in a tub or cone wafer with sugar strands,
flake and a selection of sauces **MILK, CHOCOLATE FLAKE HAS SOYA AND MILK**
WAFFER HAS GLUTEN, EGG AND SOYA

SOMETHING SWEET

APPLE PIE with custard, cream or ice cream GLUTEN - MILK - TRACES PEANUTS & NUTS	£4.95	BLACK FOREST GATEAUX with cream or ice cream GLUTEN - MILK - EGG - SOYA - TRACES PEANUTS & NUTS	£4.95
STICKY TOFFEE PUDDING with custard, cream or ice cream GLUTEN - EGG - MILK - TRACES PEANUTS & NUTS	£4.95	CARROT CAKE with cream or ice cream NUTS - MILK - EGG - SULPHITES - TRACES PEANUTS	£4.95
SPOTTED DICK with custard, cream or ice cream GLUTEN - MILK - TRACES PEANUTS & NUTS	£4.95	BELGIAN HOT CHOCOLATE PUDDING with custard, cream or ice cream GLUTEN - EGG - MILK - SOYA - TRACES PEANUTS & NUTS	£4.95
CHOCOLATE FUDGE CAKE served hot or cold with cream or ice cream GLUTEN - EGG - MILK - SOYA - TRACES PEANUTS & NUTS	£4.95	CHEESE BOARD a selection of cheeses with biscuits, grapes, celery and chutney CELERY - GLUTEN - SESAME - NUTS - EGG SOYA - MILK - SULPHITES - MUSTARD	£5.95
VARIOUS ICE CREAM SUNDAES chocolate, strawberry, vanilla MILK WAFFER HAS GLUTEN, EGG AND SOYA CHOCOLATE FLAKE HAS SOYA AND MILK	£4.95		

HOT DRINKS

FRESH COFFEE MILK	£2.20	ESPRESSO	£1.70
CAPPUCCINO MILK	£2.40	LATTE MILK	£2.70
POT OF TEA MILK	£1.70	INFUSED TEAS	£1.70
HOT CHOCOLATE MILK topped with cream and marshmallows	£3.00		

• THE •
GREY MARE
BELTHORN

ELTON ROAD, BELTHORN, BLACKBURN, BB1 2PG

Tel: 01254 53308 www.thegreymare.co.uk thegreymare@yahoo.co.uk

FOOD MENU

• THE • GREY MARE — ◆ — BELTHORN



PLEASE NOTE: ALL OUR FOOD IS PREPARED
WHERE ALL 14 ALLERGENS ARE PRESENT

PEANUTS - NUTS - CRUSTACEANS - MOLLUSCS - FISH - EGGS - MILK
CEREALS CONTAINING GLUTEN - SOYA - SESAME SEEDS - CELERY
MUSTARD - LUPIN - SULPHITES

STARTERS

GARLIC CIABATTA BREAD V GLUTEN - MILK	£4.45
GARLIC CIABATTA BREAD WITH CHEESE V GLUTEN - MILK	£4.95
GARLIC CIABATTA BREAD WITH TOMATO V GLUTEN - MILK - CELERY	£4.95
SPICY GARLIC CIABATTA BREAD V topped with chilli, onions, cheese and tomatoes GLUTEN - MILK - CELERY	£4.95
CHEF'S HOMEMADE SOUP served with a roll & butter PLEASE ASK FOR ALLERGEN ADVICE	£3.95
GARLIC MUSHROOMS V in a creamy white wine and garlic sauce topped with rocket served with garlic bread GLUTEN - MILK - SOYA - TRACES OF SESAME - CELERY	£5.95
FARMHOUSE PÂTÉ with toasted bread and fruit chutney GLUTEN - MILK - SULPHITES - MUSTARD TRACES OF NUTS	£5.95
BURY BLACK PUDDING served hot with mustard sauce and topped with bacon GLUTEN - MILK - MUSTARD	£4.95
PRAWN COCKTAIL Royal Greenland prawns served with our piquant sauce on a bed of crisp lettuce CRUSTACEANS - EGG	£5.95
GARLIC & CHILLI KING PRAWNS served hot in chilli and garlic butter with garlic bread CRUSTACEANS - MILK - TRACES SESAME - GLUTEN - SOYA	£6.95
PIRI PIRI CHICKEN GOUJONS hot and spicy coated chicken goujons covered in a zesty, hot piri piri sauce served with a salad garnish GLUTEN	£5.95
BAKED GOATS CHEESE Served on a garlic crouton topped with onion chutney and balsamic glaze GLUTEN - MILK - SULPHITES - TRACES SESAME - SOYA	£5.95

SANDWICHES

All £6.95

SELECTION OF SANDWICHES SERVED ON WHITE OR WHOLEMEAL BREAD WITH COLESLAW, TORTILLA CHIPS AND SALAD GARNISH Chicken, Ham, Cheese, Tuna, Tuna Mayo or Prawn & Marie Rose Sauce GLUTEN - SOYA - CRUSTACEANS - EGG - FISH SULPHITES - MILK	
SOUP & SANDWICH OF YOUR CHOICE PLEASE ASK FOR ALLERGEN ADVICE	£9.95

*Our chips are fried in a fryer where gluten may be present.
Boiled/mash potato, boiled rice are gluten free.*

SALADS

CAJUN CHICKEN & CHORIZO SALAD served on a bed of mixed leaves, with coleslaw and French dressing GLUTEN IN DRESSING - SULPHITES - MILK - EGG - MUSTARD	£10.95
LEMON & HERB KING PRAWN SALAD served on a bed of mixed leaves with a lemon and herb dressing and coleslaw CRUSTACEANS - SULPHITES - MILK - EGG - MUSTARD	£10.95
WARM SALMON SALAD served on a bed of mixed leaves with a soy, chilli and lime dressing and coleslaw SOYA - GLUTEN IN DRESSING - FISH - EGG - MUSTARD	£10.95

GRILLS & BURGERS

10oz RUMP STEAK G SULPHITES cooked to your liking with chips or potatoes and vegetables	£13.95
8oz SIRLOIN STEAK G SULPHITES cooked to your liking with chips or potatoes and veg	£14.95
10oz GAMMON STEAK G EGG - SULPHITES served with egg or pineapple chips or potatoes and vegetables	£10.95
6oz PRIME BEEF BURGER WITH CHEESE served on a brioche bun with burger relish, mayonnaise, chips and salad garnish GLUTEN - EGG - MILK - MUSTARD - SULPHITES - SOYA - TRACES OF SESAME	£9.95
THE GREY MARE TOWER BURGER 6oz prime beef burger topped with cheese, bacon, onion rings and served on a brioche bun with chips, relish, mayonnaise and salad GLUTEN - EGG - MILK - MUSTARD - SULPHITES - SOYA TRACES OF SESAME	£10.95
SPICY CHICKEN BURGER WITH CHEESE served on a brioche bun with chips, relish, mayonnaise and salad garnish GLUTEN - EGG - MILK - MUSTARD - SULPHITES TRACES OF SESAME	£8.95
SPICY THAI VEGETABLE BURGER V served on a brioche bun with or without cheese, with chips, relish, mayonnaise and salad garnish, GLUTEN - EGG - MILK - MUSTARD - SULPHITES SOYA - SESAME	£9.95

SIDE ORDERS

BUCKET OF CHIPS £2.95 SULPHITES	CHINESE £1.50 CURRY SAUCE GLUTEN - MUSTARD CELERY - SOYA
ONION RINGS £2.50 GLUTEN - SOYA	BREAD & BUTTER 60p GLUTEN - SOYA MILK
PEPPER SAUCE £2.50 GLUTEN - CELERY SOYA - MILK	FRIED EGG 70p EGG
SALAD BOWL £3.95 GLUTEN AND SULPHITES IN DRESSING	PRAWN CRACKERS £3.00 served with a sweet chilli dip CRUSTACEANS
GRAVY BOAT £1.50 GLUTEN - CELERY - SOYA	Gluten free gravy available

PUB CLASSICS

TRADITIONAL FISH & CHIPS (SERVED WITH TARTARE SAUCE CONTAINS EGG & MUSTARD) GLUTEN - FISH - SULPHITES - SOYA freshly battered fish, served with chips and mushy peas	£8.95
LARGE FISH & CHIPS (SERVED WITH TARTARE SAUCE CONTAINS EGG & MUSTARD) GLUTEN - FISH - SULPHITES - SOYA a larger helping of this traditional favourite	£12.95
BREADED SCAMPI (SERVED WITH TARTARE SAUCE CONTAINS EGG & MUSTARD) CRUSTACEANS - GLUTEN - SULPHITES served with chips, garden peas and salad	£8.95
HANDMADE PLATE STEAK PIE CELERY - GLUTEN - EGG - MILK - MUSTARD - SOYA - SULPHITES with locally sourced prime cuts of beef, served with chips or potatoes, fresh vegetables and gravy	£9.95
CHICKEN, HAM & LEEK PIE GLUTEN - MILK - NUT TRACES - SULPHITES - SOYA - CELERY served with chips or potatoes & fresh vegetables	£9.95
HANDMADE MINCED BEEF & ONION PIE CELERY - GLUTEN - EGG - MILK - MUSTARD - SOYA - SULPHITES made with locally sourced beef and served with chips or potatoes, fresh vegetables and gravy	£9.95
BEEF SUET PUDDING CELERY - GLUTEN - SULPHITES - SOYA traditional rag style suet pudding, served with chips, mushy peas and gravy	£8.95
HOMEMADE LASAGNE GLUTEN - SULPHITES - MILK - SOYA - TRACES OF SESAME served with chips, garlic bread and salad garnish	£9.95
CUMBERLAND SAUSAGE GLUTEN - CELERY - SULPHITES - MILK - SOYA served with mashed potatoes, fresh vegetables and onion gravy	£8.95
BRAISED LAMB SHANK CELERY - GLUTEN - SULPHITES - MUSTARD - SOYA braised mini leg of lamb slow cooked in a rich gravy with Thwaites Beer and served with chips or potatoes and fresh vegetables	£13.95
CORNED BEEF HASH CELERY - GLUTEN - SULPHITES - MILK served with a bread roll, pickled onions and red cabbage	£7.95
LAMBS LIVER & ONIONS CELERY - GLUTEN - SOYA - MILK - SULPHITES served with mashed potatoes, fresh vegetables and onion gravy	£9.95
CISSY GREENS MEAT PIE GLUTEN - SULPHITES - CELERY - SOYA served with chips, mushy peas and gravy	£6.95
STILTON & VEGETABLE CRUMBLE V GLUTEN - MILK - MUSTARD - SULPHITES - SOYA - TRACES OF SESAME served with garlic bread and salad garnish	£9.95

CHEF'S FAVOURITES

FRESH SALMON GLUTEN - MILK - SULPHITES - FISH - CELERY served in a creamy parsley sauce, chips or potatoes and vegetables	£10.95
MEDITERRANEAN SEABASS SULPHITES - FISH - MILK cooked with olive oil, chorizo and olives, served on a bed of patatas bravas with fresh vegetables	£12.95
ORIENTAL CHICKEN MOLLUSC - GLUTEN - SULPHITES - EGG - SOYA - SESAME chicken breast stir fried with onions and peppers in oyster sauce, served with chips, egg fried rice or ½ and ½	£11.95
POLLO A LA CREMA MILK - GLUTEN - SULPHITES chicken breast in a creamy white wine and mushroom sauce, served with chips, or potatoes and fresh veg, rice or ½ and ½	£11.95
SPINACH & RICOTTA CANNELLONI V GLUTEN - MILK - CELERY - EGG - TRACES SESAME - SULPHITES - SOYA served with chips, garlic bread and salad garnish	£9.95
VEGETABLE CURRY V MILK - MUSTARD - GLUTEN - SULPHITES fresh vegetables in our spicy curry sauce, served with chips, rice or ½ and ½	£9.95
HOMEMADE TANDOORI CHICKEN GLUTEN - MILK - CELERY - SULPHITES - MUSTARD - SOYA TRACES OF NUTS, SESAME AND PEANUTS chicken breast marinated in tandoori spices with a tandoori curry sauce - served with chips, rice or ½ and ½	£11.95
CHINESE CHICKEN CURRY GLUTEN - MUSTARD - EGG - CELERY - SOYA - SULPHITES - TRACES OF SESAME served with egg fried rice or chips or ½ and ½	£10.95
SALT & PEPPER CHICKEN GLUTEN - EGG - SOYA - MILK - CELERY - MUSTARD - SULPHITES - TRACES OF SESAME served with egg fried rice or chips or ½ and ½ and chinese curry sauce	£10.95
KING PRAWN CURRY CRUSTACEANS - GLUTEN - MILK - MUSTARD - SULPHITES king prawns in our spicy curry sauce, served with chips, rice or ½ and ½ and salad garnish	£11.95