

FOOD MENU

◆ THE ◆
GREY MARE
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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
CHEF'S HOMEMADE SOUP served with a roll & butter PLEASE ASK FOR ALLERGEN ADVICE	£5.25
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	£6.95
FARMHOUSE PÂTÉ with toasted bread and fruit chutney GLUTEN - MILK - SULPHITES - MUSTARD TRACES OF NUTS	£6.95
BURY BLACK PUDDING served hot with mustard sauce and bacon GLUTEN - MILK - MUSTARD	£5.95
PRAWN PLATTER north atlantic prawns served with our marie rose sauce on a bed of crisp lettuce CRUSTACEANS - EGG	£6.95
GARLIC & CHILLI KING PRAWNS served hot in chilli and garlic butter with garlic bread CRUSTACEANS - MILK - TRACES SESAME - GLUTEN - SOYA	£7.95
PIRI PIRI CHICKEN GOUJONS hot and spicy coated chicken goujons covered in a zesty, hot piri piri sauce served with a salad garnish GLUTEN	£6.95
BAKED GOATS CHEESE Served on a garlic crouton topped with onion chutney and balsamic glaze GLUTEN - MILK - SULPHITES - TRACES SESAME - SOYA	£6.95

SANDWICHES

All £7.95

PLEASE ASK FOR ALLERGEN ADVICE

SELECTION OF SANDWICHES SERVED ON WHITE OR WHOLEMEAL BREAD WITH COLESLAW, TORTILLA CHIPS AND SALAD GARNISH	
CHICKEN	£7.95
HAM	£7.95
SAVOURY CHEESE	£7.95
TUNA	£7.95
TUNA MAYO	£7.95
PRAWN & MARIE ROSE SAUCE	£8.95
SOUP & SANDWICH OF YOUR CHOICE	£10.95

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

Gluten free gravy available

SALADS

CAJUN CHICKEN & CHORIZO SALAD served on a bed of mixed leaves, with coleslaw and French dressing GLUTEN IN DRESSING - SULPHITES - MILK - EGG - MUSTARD	£11.95
GARLIC & HERB KING PRAWN SALAD served on a bed of mixed leaves with a garlic and herb dressing and coleslaw CRUSTACEANS - SULPHITES - MILK - EGG - MUSTARD	£11.95
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	£11.95

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	£15.95
10oz GAMMON STEAK G EGG - SULPHITES served with egg or pineapple chips or potatoes and vegetables	£11.95
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	£9.95

VEGETARIAN

VEGETABLE CURRY V MUSTARD - GLUTEN - SULPHITES - MILK fresh vegetables in our spicy curry sauce, served with chips, rice or ½ and ½	£10.95
SPINACH & RICOTTA CANNELLONI V GLUTEN - MILK - CELERY - EGG - TRACES SESAME - SULPHITES - SOYA served with chips, garlic bread and salad garnish	£10.95
SALT & PEPPER MUSHROOMS V VEGAN GLUTEN - MUSTARD - CELERY - SOYA served with boiled rice and chinese curry sauce	£10.95
ITALIAN STYLE VEGETABLE JAMBALAYA V VEGAN fresh vegetables and rice in a tomato and basil sauce topped with fresh herbs	£10.95
SPICY CAJUN VEGETABLE JAMBALAYA V VEGAN fresh vegetables and rice in a spicy cajun sauce topped with fresh herbs	£10.95

PUB CLASSICS

TRADITIONAL FISH & CHIPS (SERVED WITH TARTARE SAUCE CONTAINS EGG & MUSTARD) GLUTEN - FISH - SULPHITES - SOYA	£9.95
freshly battered fish, served with chips and mushy peas	
LARGE FISH & CHIPS (SERVED WITH TARTARE SAUCE CONTAINS EGG & MUSTARD) GLUTEN - FISH - SULPHITES - SOYA	£12.95
a larger helping of this traditional favourite	
BREADED SCAMPI (SERVED WITH TARTARE SAUCE CONTAINS EGG & MUSTARD) CRUSTACEANS - GLUTEN - SULPHITES	£9.95
served with chips, garden peas and salad	
HANDMADE PLATE STEAK PIE CELERY - GLUTEN - EGG - MILK - MUSTARD - SOYA - SULPHITES	£10.95
with locally sourced prime cuts of beef, served with chips or potatoes, fresh vegetables and gravy	
HANDMADE MINCED BEEF & ONION PIE CELERY - GLUTEN - EGG - MILK - MUSTARD - SOYA - SULPHITES	£9.95
made with locally sourced beef and served with chips or potatoes, fresh vegetables and gravy	
BEEF SUET PUDDING CELERY - GLUTEN - SULPHITES - SOYA	£9.95
traditional rag style suet pudding, served with chips, mushy peas and gravy	
HOMEMADE LASAGNE GLUTEN - SULPHITES - MILK - SOYA - TRACES OF SESAME	£10.95
served with chips, garlic bread and salad garnish	
CUMBERLAND SAUSAGE GLUTEN - CELERY - SULPHITES - MILK - SOYA	£9.95
served with mashed potatoes, fresh vegetables and onion gravy	
BRAISED LAMB SHANK CELERY - GLUTEN - SULPHITES - SOYA	£13.95
braised mini leg of lamb slow cooked in a rich gravy and served with chips or potatoes and fresh vegetables	
CORNED BEEF HASH CELERY - SULPHITES - MILK - GLUTEN FREE	£8.95
served with pickled onions, red cabbage and mushy peas	
LAMBS LIVER & ONIONS CELERY - GLUTEN - SOYA - MILK - SULPHITES	£10.95
served with mashed potatoes, fresh vegetables and onion gravy	
CISSY GREENS MEAT PIE GLUTEN - SULPHITES - CELERY - SOYA	£8.95
served with chips, mushy peas and gravy	
CHEESE & ONION PIE EGG - GLUTEN - MILK - MUSTARD - SULPHITES	£9.95
served with chips and mushy peas or baked beans	

CHEF'S FAVOURITES

FRESH SALMON	£11.95	CHINESE CHICKEN CURRY	£10.95
GLUTEN - MILK - SULPHITES - FISH - CELERY		GLUTEN - MUSTARD - EGG - CELERY - SOYA - SULPHITES - TRACES OF SESAME	
served in a creamy parsley sauce, chips or potatoes and vegetables		served with egg fried rice or chips or ½ and ½	
MEDITERRANEAN SEABASS	£12.95	SALT & PEPPER CHICKEN	£12.95
SULPHITES - FISH - MILK		GLUTEN - EGG - SOYA - MILK - CELERY - MUSTARD - SULPHITES - TRACES OF SESAME	
cooked with olive oil, chorizo and olives, served on a bed of patatas bravas with fresh vegetables		served with egg fried rice or chips or ½ and ½ and chinese curry sauce	
POLLO A LA CREMA MILK - GLUTEN - SULPHITES	£12.95	KING PRAWN CURRY	£12.95
chicken breast in a creamy white wine and mushroom sauce, served with chips, rice or ½ and ½		CRUSTACEANS - GLUTEN - MILK - MUSTARD - SULPHITES	
HOMEMADE TANDOORI CHICKEN	£12.95	king prawns in our spicy curry sauce, served with chips, rice or ½ and ½ and salad garnish	
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			

SIDE ORDERS

BUCKET OF CHIPS SULPHITES	£2.95	BREAD & BUTTER GLUTEN - SOYA MILK	80p
ONION RINGS GLUTEN - SOYA	£2.50	FRIED EGG EGG	70p
PEPPER SAUCE GLUTEN - CELERY - SOYA - MILK	£2.50	PRAWN CRACKERS CRUSTACEANS	£3.00
SALAD BOWL GLUTEN AND SULPHITES IN DRESSING	£3.95	served with a sweet chilli dip	
GRAVY BOAT GLUTEN - CELERY - SOYA	£1.50	SEASONAL VEGETABLES	£2.50
CHINESE CURRY SAUCE	£1.50	GARLIC BUTTER SAUCE MILK	£2.50
GLUTEN - MUSTARD - CELERY - SOYA			

FOR THE LITTLE ONES All £5.95

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 £2.50

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**

WAFER HAS GLUTEN, EGG AND SOYA

SOMETHING SWEET

APPLE PIE with custard, cream or ice cream GLUTEN - MILK - TRACES PEANUTS & NUTS	£5.95	BLACK FOREST GATEAUX with cream or ice cream GLUTEN - MILK - EGG - SOYA - TRACES PEANUTS & NUTS	£5.95
STICKY TOFFEE PUDDING with custard, cream or ice cream GLUTEN - EGG - MILK - TRACES PEANUTS & NUTS	£5.95	CARROT CAKE with cream or ice cream NUTS - MILK - EGG - SULPHITES - TRACES PEANUTS	£5.95
SPOTTED DICK with custard, cream or ice cream GLUTEN - MILK - TRACES PEANUTS & NUTS	£5.95	BELGIAN HOT CHOCOLATE PUDDING with custard, cream or ice cream GLUTEN - EGG - MILK - SOYA - TRACES PEANUTS & NUTS	£5.95
CHOCOLATE FUDGE CAKE served hot or cold with cream or ice cream GLUTEN - EGG - MILK - SOYA - TRACES PEANUTS & NUTS	£5.95	SORBET WITH FRESH FRUIT GLUTEN FREE VEGAN	£5.95
VARIOUS ICE CREAM SUNDAES chocolate, strawberry, vanilla MILK WAFER HAS GLUTEN, EGG AND SOYA CHOCOLATE FLAKE HAS SOYA AND MILK	£5.95	CHEESE BOARD a selection of cheeses with biscuits, grapes, celery and chutney CELERY - GLUTEN - SESAME - NUTS - EGG SOYA - MILK - SULPHITES - MUSTARD	£6.95

HOT DRINKS

FRESH COFFEE MILK	£2.50	ESPRESSO	£2.20
CAPPUCCINO MILK	£2.80	LATTE MILK	£3.00
POT OF TEA MILK	£2.20	INFUSED TEAS	£2.20
HOT CHOCOLATE MILK topped with cream and marshmallows	£3.50		

♦ THE ♦
GREY MARE
BELTHORN

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