

CRUSTY ROLLS

*Farmhouse white or granary brown
gluten free roll
served with salad garnish & crisps*

Prawns in Marie-rose on Crisp Rocket £7.75

Honey-roast Ham & Mustard £7.35

Cheddar, Tomato & Red Onion £6.95

Chinese Chicken on a bed of Rocket £7.65

Tuna Mayonnaise on Crisp Lettuce £7.65

Crispy Bacon & Egg £7.45

Hot beef with Horseradish £7.45

B.L.T.& Creamy Mayonnaise £7.45

JACKET POTATOES

Served with a crisp mixed salad

Cheddar, Tomato & Red Onion £8.45

Prawn & Marie Rose Sauce £9.25

Bacon with Brie, Cheddar or Stilton £8.95

Chinese Char Grilled Chicken £8.95

Heinz Baked Beans & Cheddar £8.75

Tuna & Mayonnaise £8.75

Chilli Con Carne £8.95

PLOUGHMANS

Ham or Cheese Ploughmans £11.95

*Mixed salad with ham and/or cheddar
pickle onion, Branston pickle &
crusty white gluten free roll*

SALADS

Chicken & Bacon £13.45

*A tossed mixed salad with tender
chicken & crispy bacon, croutons
and shaved parmesan*

Chinese Chicken £13.45

*Tender flavoured chicken breast in a
tossed salad with croutons*

Tuna & Prawn Niscose £13.95

*Tuna & prawns tossed with mixed
salad, olives, fine beans, croutons
and vinaigrette*

Crispy Duck £13.95

*Crispy shredded duck breast &
croutons tossed into a mixed salad*

Smoked Salmon & King Prawn £14.45

*With a mixed salad, marie rose sauce
and a crusty brown baguette*

**Please make sure
when you order
you ask for
low in gluten meals**

THE HURDLEMAKERS ARMS

LOW IN GLUTEN MENU

*By law we are not allowed to call any of our dishes
'Gluten Free' unless they have been tested.
Rest assured we do not use any ingredients including Gluten.*

***These dishes MUST be ordered
low in gluten as we use different
recipes & sauces from our main menu***

Nettie & Gary welcome you to our 400 year old pub.

We pride ourselves on offering fresh home-cooked food.
Wherever possible we source our ingredients from local suppliers

Our fully qualified team of chefs will try to meet your every need.

If you have a craving or would like to change sauces

on the menu please feel free to ask.

If we have the time & ingredients

we will always be pleased to help.

***Everything is cooked to order, please be patient during busy
periods as we only have a small kitchen. Rest assured we are
working as hard as possible to serve you as soon as we can.***

WE ARE NOT A FAST FOOD OUTLET

TO START

Bread and Olives £4.95

With balsamic & olive oil & gluten free roll

Tomato & Basil Soup £6.45

Served with a crusty roll

Traditional Prawn Cocktail £6.75

With gluten free bread & butter

Crispy Duck £7.45

Served on a bed of mixed salad with warm plum & hoisin sauce

Garlic & Stilton Mushrooms £7.25

Button mushrooms in a light garlic butter topped with melted Stilton

Garlic Bread £4.50

Add mature cheddar for 50p

Smoked Salmon & King Prawn £7.65

On a bed of rocket & cherry tomato and gluten free bread & butter

IN THE MIDDLE

Roast of the Day £13.25

With low in gluten gravy & gluten free Yorkshire pudding

Liver & Bacon £14.75

Lightly pan fried lambs liver with bacon & red onion in a rich low in gluten gravy

Ham Egg & Chips £13.50

Home cooked honey roast ham, chips, 2 free range eggs & salad

Chilli Con Carne £13.25

Homemade chilli on a bed of rice

Cottage Pie £14.95

Tender minced beef in a rich gravy topped with mashed potato and mature cheddar

Lamb Shank £16.95

Slowly braised lamb shank in a rich low in gluten red wine sauce

FROM THE GRILL

16oz* Rump Steak £21.50

8oz* Rump Steak £17.95

8oz* Rib Eye Steak £18.50

8oz* Fillet Steak £23.95

8oz* Gammon Steak £16.50

Cooked to your liking & served with mushrooms, grilled tomato, chips & salad

Why Not Add;

Garlic king prawn skewer

£2.85 (1) £4.75 (2)

FRESH FISH

Poached Salmon £14.95

Lightly poached salmon in a creamy low in gluten dill sauce

Please ask which dishes on our specials board can be low in gluten

Served with your choice of;

New, Saute, Roast, Mash,

Jacket Potato or Chips

Fresh Vegetables, Peas or Salad

Brown or White Rice

VEGETARIAN

Five Bean Casserole £13.25 (Vegan)

A selection of fresh vegetables & beans in a rich tomato sauce. Can be spiced up to your liking.

EXTRAS

Bowl of chips £3.75

Bowl of chips with cheese £4.25

Bowl of chips with chilli £4.95

Roast potatoes & horseradish £3.95

Crusty roll £1.25

2 slices of bread & butter £1.00

Dish of vegetables £3.95

Dish of peas £2.75

**Please make sure
when you order
you ask for
low in gluten
meals**