



The Red Cow Allestree

## Gluten free Menu

### Starters

Baby baked button mushrooms in a garlic, cream and herb sauce topped with melted brie, on gluten free

bread £6.75 7

Freshly made hummus, vegetable sticks and gluten free bread £ 4.95 12

Mezze board. Hummus, halloumi fritters, Greek salad, olives and gluten free bread £7.50

**or to share** £ 12.50 2,7,12

### Sandwiches and salads

Smoked Bacon, brie and cranberry on gluten free bread with house salad and seasoned fries £8.95 7

Smoked salmon, chives and cream cheese on gluten free bread with cherry tomatoes, baby gem lettuce,

lemon dressing and seasoned fries £8.50 7,9

Traditional Greek salad with tomatoes, cucumber, onions, olives and feta cheese £7.95 .

**Add chicken** for £2.95 or **salmon fillet** for £3.95 7

## Main Courses

Honey glazed chicken and chorizo skewer with pepper and onions served with peppers and onions, sweet chilli dip, half corn cob, seasoned fries and house salad £12.95 **9,10,11, 14**

The Red Cow burger. Beef Pattie, bacon and Monterey Jack cheese on a toasted gluten free bun with gherkin, lettuce, tomato, gluten free onion rings, half corn cob , burger sauce, coleslaw and relish with hand cut chips or seasoned fries £12.95 **4,7,9, 14**

The Red Cow piri piri chicken burger melted Monterey jack cheese on a toasted gluten free bun with baby gem lettuce, tomato, gluten free onion rings, half corn cob, garlic aioli and coleslaw with hand cut chips or skinny fries £13.25 **4,7,14**

Gluten free Cumberland sausages with creamy mash, garden peas, red onion gravy £10.95 **7,14**

**ALL OF OUR PIZZA MENU CAN BE SERVED GLUTEN FREE. PLEASE ASK FOR DETAILS**

## Desserts

*Please ask for todays selection*

*Allergens Key:*

*1-celery.2-cereals, 3-crustaceans.4-eggs.5-fish.6-lupin.*

*7-dairy.8-mollucus.9-mustard.10-nuts.11-peanuts.12sesame seeds.*

*13-soya.14-sulphur dioxide.*

***OUR SUNDAY ROAST MENU CAN BE SERVED GLUTEN FREE TOO !!***