



# Gluten Free Menu

## Nibbles

Bowl of marinated olives (v)	£3.50
Baked Camembert (v) cranberry compote, gluten free toast	£8.50

## Sandwiches & Toasties

*All served with salad & coleslaw on gluten free bread*

Roast Ham & Cheddar toastie	£5.50
Cheddar cheese & tomato toastie	£4.95
Bacon & Double Egg	£5.95
Hot Tuna & Cheddar melt, toastie	£5.95
Prawn Marie-Rose, baby gem lettuce	£5.95
Cajun Chicken, lemon mayonnaise	£6.95
Minted Lamb, baby gem lettuce	£7.95

## Salads

Cajun Chicken, coleslaw, baby leaves, sliced tomatoes, onions	£9.95
Crispy beef, sweet chilli glaze, baby leaves, sliced tomatoes, onions	£9.95

## Lighter Meals

6oz GammonSteak, chips & peas	£9.95
6oz Sirloin Steak, chips & peas	£9.95
HoneyRoastHam, two fried eggs & chips	£9.95

## Side Orders (all £2.95)

Chunky chips with sea salt
French fries with sea salt
Dressed house salad
Sweet potato fries
Creamy mashed potato
Seasonal vegetables

## Starters

Potatas Bravas,crispy potatoes, spicy tomato sauce, gluten free dipping bread	£5.95
Chefs homemade soup,gluten free bread	£5.50
Creamy garlic mushrooms, gluten free bread	£5.95
Duck liver & apricot pate,house chutney, gluten free toasted bread	£6.35
Prawncocktail, juicy Icelandic prawns, homemade Marie-Rose sauce, baby gem lettuce, gluten free bread & butter	£6.95

## Mains

Fish pie, salmon, cod, prawns & smoked haddock, mashed potato, mature cheddar & seasonal veg	£14.95
Pan fried Seabass, new potatoes, seasonal vegetables, chorizo & tomato sauce	£13.25
Squash cranberry & red onion tagine, roasted butternut squash, orange cinnamon, cranberries & sultanas, with couscous (Vegan)	£11.95
Oven baked Chicken breast, creamy garlic mushroom sauce, seasonal vegetables, new potatoes	£12.95
Slow roasted Lamb Shank, creamy mash, seasonal greens, red wine jus	£15.95

## Alyn Sizzlers

*Our hot iron sizzling skillets are topped with sliced mixed peppers and onions. All accompanied with chips, salad and coleslaw*

Cajun Chicken £12.95	Minted Lamb £14.50
Teriyaki Steak £14.95	Cajun Halloumi £11.95

## Grill

12oz Gammon steak, fried egg, pineapple, chips & peas	£13.50
<i>All of the following steaks are served with grilled tomato, flat cap mushroom and chunky chips</i>	
The Alyn Mixed Grill, sirloin steak, chicken breast, gammon steak, pork chop, fried egg	£21.95
10oz RibEye, the steak with the most flavour - best served medium to get the taste from all the marbling	£19.95
10oz Sirloin Steak, a favourite of ours at the Alyn, a well flavoured lean meat	£18.95
8oz Fillet Steak, the leanest cut from the cow, best served medium rare but great for those who like it well done too	£22.95
Sauces (all £2.95) Peppercorn sauce, Red wine gravy, Blue cheese sauce	

## Desserts

Warm chocolate fudge cake, vanilla pod ice cream, chocolate sauce	£5.50
3 scoops Chilly Cow dairy ice cream	£4.95
<i>Choose from: Vanilla pod, Chocolate, Strawberry, Honeycomb</i>	
Chocolate brownie, vanilla pod ice cream, chocolate sauce	£5.95
Alyn's Berry Mess, Chantilly cream, forest fruits, meringue, strawberry sauce	£4.95

(v) suitable for vegetarians. (n) ingredients contain nuts. Please note that other dishes may contain traces of nuts. All of our food is freshly prepared in a kitchen where nuts, gluten and other allergens are present. Please let us know if you have a special dietary requirement and we will endeavour to cater to your needs.

## White

175ml Bottle

- The Paddock Chardonnay, Australia** £4.25 £15.95  
A tropical tour de france, with pineapple freshness matched by peach fruitiness that complements this wine's vanilla-scented oak.
- Operetto Gargenega Pinot Grigio, Italy** £4.50 £16.50  
Delicacy is the order of the day here, delicate pear and almond flavours wrapped in a soft mouth-feel.
- Gable View Sauvignon Blanc, South Africa** £4.50 £16.50  
Crisp and intense, ripe apple and pear flavours fill the mouth hile the crisp acidity of the Sauvignon grape quenches your thirst
- Chablis Domaine Jean Defaix, Chablis France** £34.95  
A naughty clean classic Chablis that aches for fish or just some elegant drinking
- Mamaku Sauvignon Blanc, Marlborough NZ** £22.95  
Gooseberries, passion fruit and an exotic tropical aroma leap from your glass in this delicious wine
- Domaine les Ronces Picpoud de Pinet France** £19.50  
Picpoul' means the 'lip-stinger' because of the grape's refreshing zestiness, coupled with ripe fruit
- Cloudy Bay Sauvignon Blanc, Marlborough NZ** £39.95  
Citrus, gooseberries and even a curranty fruit abound in this gorgeous wine from New Zealand. Possibly the most prestigious Sauvignon Blanc in the World.
- Le Coste Trebbiano di Romagna dal Nespoli, Italy** £17.95  
This pear and almond-scented treat is from Italy's gastronomic heartland and beautifully versatile.
- Domingo Martin Albarino, Spain** £24.95  
A taut steely core draped with layers of elegant fruit perhaps the world's greatest seafood wine.

## Sparkling

- Tosti Prosecco DOC NV 20cl** £6  
A small bottle of prosecco, just enough for two small glasses, or one very large one!
- Vitelli Prosecco, Italy** £19.95  
Perfect Prosecco - soft, lively and tasty with pear, green apple and lemon flavours.
- Belstar Cuvee Rose, Italy** £26  
Frothy, pear and almond Prosecco enriched with the strawberry and currant flavours of Pinot Noir.
- Vueve Delaroy Brut NV, Champagne** £34.95  
Our house Champagne. A beautifully balanced wine with lovely fresh fruit and a brioche toastiness.
- Taittinger Brut Reserve, Champagne** £54.95  
Top-notch Champagne from one of the best houses in the region - a very elegant way to celebrate anything you want.

## Red

175ml Bottle

- Gable View Cabernet Sauvignon, South Africa** £4.25 £15.95  
A beautifully precise and lively Cabernet with a core of blackcurrant and redcurrant vivacity running through it.
- San Abello Merlot, Chile** £4.50 £16.50  
Merlot is an old French word for 'blackbird' because they love these sweet, soft, plummy grapes when they are ripen to make wines like this.
- The Old Press Shiraz, Australia** £4.50 £16.50  
Dark, smooth and juicy, we love the blackberries in this wine mixed with a light, sun-ripened spice.
- Vivanco Rioja Crianza, Spain** £29.95  
Elegance and suppleness in a glass, with bright and juicy cherry, currants and vanilla.
- Chateau Musar, Lebanon** £39.95  
Chateau Musar is a uniquely different wine from the Bekaa Valley, produced by master winemaker Serge Hochar. Concentrated and rich with plums, liquorice and spice. Musar is a fabulously different wine.
- Fico Grande Sangiovese, Italy** £17.95  
Delicious, easy-going Italian red made from the same grape used in Chianti - black cherries, plums and peppery spice.
- Little Eden Pinot Noir, Australia** £24.95  
A wine that just wants to be delicious, from a small, family-run producer, dedicated to fresh, fruit styles of wine.
- El Colectivo Malbec, Argentina** £21.95  
The ultimate, hearty South American steak wine, suitably rich and juicy with a firm finish.
- Lorosco Reserva Colchagua Carmenere, Chile** £19.50  
Lightly spiced with a hint of leafy freshness this is a mid-weight and versatile red.

## Rose

175ml Bottle

- La Maglia Rosa Pinot Grigio Blush, Italy** £4.50 £16.95  
This wine is very easy-drinking with subtle red fruit flavours & a soft finish.
- The Bulletin Zinfandel Rose, USA** £4.50 £16.95  
Notes of black cherry on the nose, with a palate chocked full of raspberry & watermelon fruit flavours. It's a juicy wine, yet light & refreshing on the finish.
- Chateau d'Astros Rose Cotes de Provence, France** £24.95  
Elegant, unusually soft with modish flavours of pineapple, wild strawberries, and red berries.