

THE SHIP AT LATHOM

GLUTEN FREE MENU

STARTERS

Soup of the Day, Warm Gluten Free Bread (V) [milk, soya, eggs, celery, sulphites] £6

Beer Battered Haddock Goujons, Dressed Leaf Salad, Homemade Tartar Sauce [soya, mustard, eggs, fish, sulphites] £10.95

Caramelised Red Onion & Beetroot Hummus, Gluten Free Bread (Vegan) [soya, eggs, sesame, sulphites] £5.50

Honey Roasted Goats Cheese, Dressed Leaf Salad, Pistachio Crumb, Cranberry Jam, Orange Vinaigrette (V) [nuts, milk, soya, mustard, sulphites] £10.50

Pan Fried King Prawns & Chorizo, Garlic Butter, Gluten Free Bread, Dressed Leaf Salad [milk, soya, mustard, eggs, crustaceans, sulphites] £12.95

“Salt & Pepper” Chicken Wings, Fresh Chilli & Spring Onion [soya, sulphites] £7.95

Chicken Liver & Smoked Bacon Parfait, Mulled Red Onion Chutney, Herb Butter, Toasted Gluten Free Bread [milk, soya, mustard eggs, sulphites] £9.50

Sticky Sesame Cauliflower Bhajis, Fresh Chilli & Spring Onion (Vegan) [soya, mustard, sesame, sulphites] £7.25

THE SHIP'S MAIN COURSES

Haddock & Chips, Beer Battered Haddock Fillet, Twice Cooked Chips, Mushy Peas & Tartar Sauce [soya, mustard, eggs, fish, sulphites]
Standard £18.95 | Large £20.50

Butcher Farrell's Rump Steak, 28 Day Matured 8oz Rump Steak, Roasted Tomato, Garlic & Thyme Flat Cap Mushroom, Choice of Potato [milk, soya, mustard, sulphites] £24.50
Pepper Sauce [milk, celery, sulphites] £3.50

Clarkson's Gammon, 8oz Dry Cured Gammon Steak, Fried Egg, Roasted Tomato & Pineapple, Choice of Potato & Seasonal Vegetables [milk, soya, egg] £19.50

French Trimmed Chicken Breast, Sweet Potato Mash, Crispy Pancetta, Sauteed Greens, Parmesan Crumb, White Wine Cream Sauce [nuts, milk, soya, egg, sulphites] £22.95

Fish of the Day, Oven Baked Haddock Fillet, Garlic Crushed New Potatoes, King Prawns, Sauteed Greens, White Wine Cream Sauce [milk, soya, fish, crustaceans, sulphites] £24

Gourmet Burger, 8oz Beef Burger, Grilled Cheddar Cheese, Gem Lettuce, Beef Tomato, Gherkin, Choice of Hand Cut Chips or Skin on Fries, House Slaw [milk, soya, mustard, eggs, sulphites] £19.50

DESSERTS

Caramelised Apple & Blackberry Crumble, Crumble topping, Vanilla Soya Yoghurt (Vegan) [soya] or Ice Cream (Not Vegan) [milk] £8.50

Fruit Sorbet, Berry Coulis (Vegan) £6.95

Mrs Dowson's Ice Cream [milk]
1 Scoop £2.50 | 2 Scoops £5 | 3 Scoops £7

(Ask staff for available flavours)
Ice cream may contain traces of the following [gluten, nuts, soya, eggs]

SANDWICHES

Seared Rump Steak, Fried Onions & Cheddar or Blue Cheese [milk, soya, mustard, egg, sulphites] £18.95

Smoked Back Bacon, Mature Cheddar Cheese, Caramelised Red Onion Chutney [milk, soya, mustard, egg, sulphites] £14.50

Melted Brie & Caramelised Red Onion, Rocket & Balsamic (V) [milk, soya, mustard, egg, sulphites] £13.95

Fish Butty, Beer Battered Haddock Goujons, Dressed Leaf, Tartar Sauce [milk, soya, mustard, egg, fish, sulphites] £14.50

Cajun Chicken, Gem Lettuce, Beef Tomato, Sweet Chilli Mayonnaise [milk, soya, mustard, egg, sulphites] £14.50

Honey Roasted Goats Cheese, Pistachio Crumb, Cranberry Jam, Dressed Rocket (V) [milk, soya, mustard, egg, sesame, sulphites] £14.50

Served on Gluten Free White Bread with Local Leaf Salad & House Slaw

Add Hand Cut Chips or Skin on Fries [soya, sulphites] £3.95

SALADS & VEGETARIAN

Katsu Curry, Coconut Curry Sauce, Pak Choi, Roasted Sweet Potato, Jasmine Rice, Pickled Vegetables, Fresh Spring Onion & Chilli (Vegan) [soya, mustard, sesame, sulphites] £16.50

Winter Salad, Dressed Local Leaf, Julienne Vegetables, Honey Roasted Goats Cheese, Orange Segments, Candied Walnuts, New Potatoes, Honey Mustard Vinaigrette, Aged Balsamic (V) [nuts, milk, soya, mustard, sulphites]
Starter £8.50 | Main £15.95

Pan Teriyaki Cauliflower Steak, Salt & Pepper New Potatoes, Sauteed Greens, Fresh Spring Onion & Chilli (Vegan) [soya, sulphites] £16

Add Chicken [milk, soya] £4.95

Add King Prawns [soya, Crustaceans] £6

SIDES

Bowl of Twice Cooked Chips [soya, sulphites] £4.95

Bowl of Skin on Fries [soya, Sulphites] £4.95

Salt & Pepper Chips [soya, sulphites] £6.95

Salt & Pepper Fries [soya, sulphites] £6.95

Mushy Peas £2.95

Creamy Mashed Potato [milk] £3.95

Sweet Potato Mash [milk] £3.95

Dressed Side Salad [mustard, sulphites] £3.95

Seasonal Vegetables £4

Ships 'Slaw' [egg, mustard, sulphites] £3

Bowl of Mixed Olives [sulphites] £5