

Free From menu



EST. 2015

THE ALLERFORD INN

Making every moment count...

Starters

Mussels £9

Mussels in a creamy lemon, garlic and white wine sauce served with toasted breads. (GF)

Garlic mushrooms £7

Gently cooked in a white wine and garlic cream served on a crouton and bed of salad leaf. (GF)

Camembert for 2 £9

Baked boxed camembert with breads and balsamic and olive oil for dipping. (GF/VG)

Pate £7

Pate served with toasted breads and a salad garnish. (GF)

Halloumi fries £7

Halloumi fries drizzled in sweet chilli and spring onions served on a bed of salad leaf. (GF/VG)

Bruschetta £7

Toasted breads topped with green pesto and a tomato, red onion and basil mix served on a bed of fresh salad. (GF)

Homemade Stonebaked Pizzas

£14 Pepperoni classic pizza loaded with cheese and stacks of pepperoni (GF/DF)

£11 Hawaiian Ham off the bone, pineapple and cheese (GF/DF)

£15 BBQ Chicken fresh free-range chicken breast strips topped with cheese, red onion, sweetcorn and mushrooms (GF/DF)

£16 The Allerford meat Special ham, chicken, beef steak, bacon and pepperoni topped with cheddar, mozzarella, mushrooms, sweetcorn and red onion (GF/DF)

£11 Margherita tomato sauce, buffalo mozzarella, fresh basil and olive oil (GF/VE)

£12 Vegetarian special three cheeses, mushrooms, peppers, onion, and sweetcorn (GF/VE)

£14 Hot n Spicy beef in a spicy sauce with cheese, jalapenos, pepperoni and onion (GF/DF)

Mains

Rump steak £22

28 days aged 12oz rump steak served with chunky chips, roasted tomato, sautéed mushroom and petit pois. (GF/DF)

Allerford chicken £16

Oven roasted chicken breast served on seasonal vegetables, sauté new potatoes with a garlic cream white wine sauce finished with a pancetta crisp. (GF)

Vegan Mediterranean Tart £15

A shortcrust tart filled with a Mediterranean vegetable medley served with new potatoes, fresh vegetables and a salad garnish. (DF)

Pan seared pork loin £15

Pan seared pork loins served on sweet potato mash, fresh steamed veg topped with a creamy garlic mushroom sauce. (GF)

Stuffed Mushrooms £14

Flatfield mushrooms, stuffed with blue cheese, crème cheese, parmesan, walnuts and breadcrumbs, Served with salad and chunky chips. (GF)

Fishcakes £16

Seabass, cod, lime and ginger fishcakes served on a bed of salad with a sweet chilli sauce, peas and fries. (GF/DF)

Gammon Steak £17

Chargrilled gammon steak served with egg, chips and a salad garnish. (GF/DF)

Hunters chicken £16

Free range chicken breast, BBQ sauce, cheese and bacon served with salad, peas and chunky chips. (GF/DF)

Creamy Cajun chicken £15

served on a bed of rice (GF)

Vegan bean chilli £13

served with rice. (GF/VE)

GF - Gluten free DF - Dairy Free VE - Vegan

Please let your server know if you have any dietary requirements!