



# GLUTEN & DAIRY FREE MENU

## TO START

<b>BREAD &amp; OIL (GF,DF)</b>	<b>3.5</b>
<b>OLIVES (V,GF,DF)</b>	<b>4</b>
<b>BAKED CAMEBERT (V,GF)</b> with rosemary, garlic & toasted ciabatta	<b>7.5</b>
<b>SALT &amp; PEPPER SQUID (DF)</b> with sweet chilli and soy dip	<b>7</b>
<b>JERK CHICKEN WINGS (GF,DF)</b> with spicy BBQ sauce	<b>7</b>
<b>CHCKEN LIVER PATE (GF,DF)</b> with bitter leaf salad, onion marmalade & toasted ciabatta	<b>6.5</b>
<b>SALTFISH &amp; ACKEE BALLS (DF)</b> with Island salsa	<b>7.5</b>
<b>PRAWN &amp; AVOCADO COCKTAIL (GF,DF)</b> with sauce Americana & toasted ciabatta	<b>7.5</b>

## PUB CLASSICS

<b>GRILLED PORK CHOP (GF,DF)</b> with apple and cider sauce & creamy mash	<b>16</b>
<b>PAN FRIED SEABASS (GF,DF)</b> Spicy tomato sauce, broccoli & new potatoes	<b>18.5</b>
<b>MUTTON CURRY (GF,DF)</b> Caribbean curry with rice 'n' peas	<b>15.5</b>
<b>OXFORD SAUSAGES (GF,DF)</b> Colcannon mash, red onion chutney & red wine gravy	<b>14.5</b> <b>small 10</b>
<b>BEER BATTERED FISH (GF, DF)</b> Chunky chips, garden or mushy peas & tartare sauce	<b>14</b> <b>small 10</b>
<b>WHOLETAIL SCAMPI (DF)</b> Chunky chips, garden or mushy peas & tartare sauce	<b>14</b> <b>small 10.5</b>
<b>HAM &amp; EGGS (GF)</b> Honey glazed Ham, free range eggs & chunky chips	<b>14</b> <b>small 10</b>
<b>VEGETABLE CURRY (VG, GF)</b> with seasoned rice	<b>14</b>
<b>THAI CHICKEN CURRY (GF)</b> Chicken cooked in Thai spices & coconut cream	<b>14.5</b>

## GRILL

Steaks served with tomato, mushroom & chunky chips

<b>60Z FLASH GRILLED RUMP STEAK (GF,DF)</b>	<b>18</b>
<b>80Z RIB EYE STEAK (GF,DF)</b>	<b>22</b>
<b>ADD RED WINE JUS</b>	<b>3</b>
Burgers with lettuce, tomato, crispy onion, pickled cucumber, burger sauce & chunky chips	
<b>BEEF BURGER (DF,GF)</b>	<b>13</b>
<b>CAJUN HALLOUMI &amp; MUSHROOM BURGER (V,GF)</b>	<b>13</b>
<b>MOVING MOUNTAIN BURGER &amp; GUACAMOLE (VE,GF)</b>	<b>13</b>
<b>ADD BACON OR CHEESE (GF)</b>	<b>1.5</b>

## SALADS & PASTA

<b>CHINATOWN PORK SALAD (DF)</b> Crispy Pork, rice noodles, carrot, coriander, sesame, soy & peanuts	<b>13</b> <b>small 7</b>
<b>CAESAR SALAD (VE)</b> with iceberg lettuce and croutons	<b>13</b> <b>small 7</b>
<b>FOREST MUSHROOM PASTA (VE)</b> Pasta with wild mushrooms, Parmesan & rocket	<b>13</b> <b>small 7</b>
<b>PASTA MARINARA (VE)</b> Pasta with classic tomato sauce	<b>13</b> <b>small 7</b>

**01865 890 295**

reservations@lambchalgrove.co.uk

## CIABATTAS (LUNCH)

THE LAMB CLUB (DF)	8
Chicken, Bacon, Guacamole, Lettuce & Tomato	
CIABATTA OF THE DAY (DF)	FROM 7.5
ADD FRIES OR CHIPS (GF, DF)	2.5

## CHILDREN'S MENU

FISH FINGERS & CHIPS (DF)	7
SAUSAGE & MASH OR CHIPS (DF)	7
PASTA & TOMATO SAUCE (VG, GF)	7
BEEF BURGER (GF, DF)	7
ADD PEAS	1
CHOCOLATE BROWNIE (GF)	2.5

## ALLERGY INFORMATION



If you have any allergies, please let us know as allergens are handled in our kitchen.

Some of our dishes may contain bones and/or nuts.

## DESSERTS

CHOCOLATE BROWNIE (GF)	6
with salted caramel ice cream	
STICKY TOFFEE PUDDING (GF)	6
with vanilla ice cream	
CRUMBLE OF THE DAY (GF, DF)	6
with custard	
LEMON TART (GF)	6
with raspberry sorbet	
VANILLA CHEESECAKE (DF, GF)	6
with summer berry compote	
MINI DESSERT & HOT DRINK	5.5
Mini Chocolate Brownie or Sticky Toffee Pudding with Espresso, Americano or Tea	
BEECHDEAN ICE CREAM & SORBET	
Vanilla or Salted Caramel ice cream	
Raspberry or Mango sorbet (DF)	
ONE SCOOP	2.5
TWO SCOOPS	5
THREE SCOOPS	6

## SERVICE CHARGE

A service charge of 12.5% is added for tables of 6 or more.

## SIDES

CHUNKY CHIPS (GF, DF)	4
SKINNY FRIES (GF, DF)	4
SIDE SALAD (GF, DF)	4
SEASONAL VEGETABLES (GF, DF)	4

## HOT DRINKS

AMERICANO	2.85
ESPRESSO	2.85
DOUBLE ESPRESSO	3.65
CAPPUCINO	2.95
LATTE	2.95
FLAVOURED LATTE	3.1
Coconut, Almond, Cinnamon, Vanilla, Caramel or Hazelnut	
LIQUEUR COFFEE	5.5
HOT CHOCOLATE	3
POT OF YORKSHIRE TEA	2.45
FLAVOURED TEA	2.6
Peppermint, Green Tea, Rooibos, Camomile, Red Berries or Cranberry & Raspberry	