



THE  
TICKLED  
TROUT

# GLUTEN-FREE MENU

## SMALL PLATES GLUTEN FREE £5 EACH OR 3 FOR £13.5

*recommended with a glass of Balfour Brut Rosé  
or Jake's Cider*

### Pan-fried squid rings

chilli, ginger, coriander

### Creamy corn soup with dill and cumin

with gluten-free sliced bread

### Grilled asparagus, tomato salsa and feta

served on gluten-free toast

### Rope-grown mussels

Jake's Cider cream and thyme

### Harissa halloumi fingers

citrus creamy yoghurt

### Whole king prawns

with Marie Rose sauce

## SIDES ALL £3.5

### Skin on fries

### Gluten-free bread basket with oil and balsamic

### Greens

### Fennel and red cabbage coleslaw

### Creamy mashed potato

#### OYSTER BOX

Oysters and Hush Heath Bubbles  
choice of topping - ginger and soy, shallots and red wine vinegar  
or Tabasco

2 oysters	£6.5
3 oysters and a glass of Leslie's Reserve	£13.5
6 oysters and 2 glasses of Leslie's Reserve	£25

## LARGE PLATES GLUTEN FREE

### FROM THE SEA

*recommended with a glass of Jake's Saffron Beer  
or Skye's English White*

### Hush Heath grilled haddock fillet

crushed peas, chunky tartare  
and skin on fries

£14

### Rope-grown mussels

Jake's Cider cream and thyme  
served with skin on fries

£16

### FROM THE LAND

*recommended with a glass of Luke Pinot Noir  
or Balfour Leslie's Reserve NV*

### Classic British 8oz beef burger

skin on fries with gluten-free sliced bread  
add cheese, bacon, egg or avocado £1 each

£13

### Black treacle and mustard-roasted gammon

two eggs, watercress and skin on fries

£12

### Dry-aged 7oz British bavette steak

salad, peppercorn and skin on fries

£15

### Grilled half chicken with lemon and herbs

served with coleslaw and corn on the cob

£15

### FROM THE FIELD

*recommended with a glass of Liberty's English Bacchus  
or Nannette's English Rose*

### Harissa halloumi burger

grilled red pepper, citrus yoghurt,  
skin on fries with gluten-free sliced bread

£12

### Watermelon "poke bowl" quinoa salad

with ponzu sauce

£13

### Kale, feta and tomato salad

tahini dressing, chickpeas, pickled red onion  
and croutons

add chicken fillet £4.5

£12

If you suffer from allergies please let a member of staff know before ordering. We offer gluten-free and vegan options. Fish may contain bones and game may contain shot. An additional 10% service charge is added to tables of 8 or more, please ask for this to be removed if you prefer not to pay it. 100% of service charge is forwarded to all members of the team.



HUSH HEATH HOSPITALITY

WINE • FOOD • ROOMS

