



THE  
TICKLED  
TROUT

## GLUTEN FREE MENU

### PLATTERS

#### FROM THE SEA £16

Smoked mackerel pate, anchovies, smoked salmon, pollock croquette  
gluten free, watercress, dips, toasted gluten free bread

#### FROM THE LAND £16

Hummus, gluten free toasted bread, confit tomatoes, raisins, roasted root  
veg, olive tapenade, herbed goat's cheese balls, avocado purée

### STARTERS

<b>Rope grown mussels</b>	£7 / £15
Jake's cider, bacon, leeks	
<b>Smoked trout pâté</b>	£7
cranberry jelly, toasted gluten free bread	
<b>Goat's cheese risotto</b>	£6 / £14
beetroot	
<b>Ham hock terrine</b>	£8
piccalilli, gherkins	
<b>Dal soup</b>	£6
cavolo nero, gluten free croutons	

### MAINS

<b>Harvey's Bitter battered fish &amp; chips</b>	£15
mushy peas, chunky tartare sauce, skins on fries	
<b>The Tickled Trout burger</b>	£15
crispy bacon, mature cheddar, tomato relish, skin on fries with gluten free bun	
<b>Braised lamb shank</b>	£19
creamy mash potato, cavolo nero, onion gravy	
<b>35 day mature 10oz sirloin</b>	£25
skin on fries, béarnaise sauce, mushroom and tomato, dressed salad	
<b>Beetroot &amp; quinoa vegan burger</b>	£14
lettuce, tomato, gherkins, skin on fries	

### SIDES

Foraged mushroom, truffle oil, tarragon	£4
Cauliflower cheese	
Green beans, shallots, sunflower seeds	
Roasted baby carrots, hollandaise	
Sweet potato fries, rosemary	

### LUNCH ROLLS

All served with a rocket, spinach, walnut salad in gluten free rolls.  
Available till 6pm.

<b>The Tickled Trout Club</b>	£8
avocado purée, Dijon mayo, sundried tomato, grilled chicken	
<b>Portobello mushroom</b>	£8
goat's cheese, tomato, rocket, hazelnuts pesto on gluten free roll	
<b>Smoked salmon</b>	£8
pickled red onion, watercress, capers, cucumber raita	

## Why not stay over next time?

We have 6 boutique bedrooms available with rates from £99 per night. For more information please visit [www.thetickledtrout.com](http://www.thetickledtrout.com) or speak to a member of the team.

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. 100% of service charges is forwarded to all members of the team.

