

The Red Lion 'Gluten free' and 'Vegan' guide

Why not try our New Gluten Free Peroni whilst you decide

The first section of this menu is intended for all guests with an intolerance or allergy to gluten.

The second section is intended for vegan customers.

Please use alongside our main menu for full descriptions of dishes.

Gluten Free

The following are either gluten free by the nature of their recipe or can be served gluten free with the alterations listed. We advise you alert your server to your intolerance before ordering in either case.

- *Chef's soup of the day; with gluten free bread.*
- *Cheese & Bacon Potato Skins.*
- *Garlic Mushroom Stir fry; with gluten free bread.*
- *Nachos.*
- *Mixed Vegetable Potato Skins.*
- *Nut Roast (V); served without Yorkshire pudding.*
- *Vegetarian or meat Curry; served without the naan.*
- *Sundried Tomato Torte; with gluten free bread.*
- *Hunters Chicken.*
- *Calves Liver & Bacon; no onion rings.*
- *Chicken & Bacon Salad; with gluten free bread*
- *Steak Salad; with no prawns and gluten free bread*
- *Tempura battered catch of the day with chips and a choice of peas, mushy peas or salad.*
- *Beef or chicken burger; with gluten free bread.*
- *Steak dishes are available gluten (no onion rings) free please ask your server.*

For Dessert!

Gluten free Chocolate Sundae with ice cream and chocolate sauce.

All our ice cream flavours and the sorbet are gluten free.

Chocolate & Coconut Tart. Baked Cheesecake, with coulis. Sticky Toffee Pudding.

Raspberry Frangipan Tart.

Vegan

Please ensure your server is aware that you would like your meal vegan friendly before ordering.

- *Garlic mushrooms on ciabatta bread without bacon or cheese.*
- *Soup of the day; served without butter.*
- *Nachos with salsa (no cheese.)*
- *Potato skins; filled with mixed vegetables, no cheese.*
- *Vegetable curry; served without naan.*
- *Sundried Tomato Torte.*
- *Nut Roast; with no Yorkshire pudding*
- *Vegetable Burger; served in a ciabatta*

For Dessert!

Lemon sorbet with raspberry coulis.

Raspberry Frangipan Tart with sorbet or Chocolate & Coconut Tart with sorbet.

Please be advised our chefs have carefully studied all ingredients to compile this list, if a meal from our main menu is not listed please be assured it is because it is not possible for allergens to be satisfactorily removed.