

The Red Lion Gluten Free and Vegan Guide

Why not try a bottle of Gluten Free Peroni while you wait?

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 this guide alongside our main menu for full descriptions and prices.

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 that you alert your server of your intolerance before ordering in either case.

- Chef's Soup of the Day, with gluten free bread.
- Cheese and Bacon Potato Skins or Mixed Vegetable Potato Skins.
- Garlic Mushroom and Bacon Au Gratin, with gluten free bread.
- Chicken and Chorizo Stir Fry or Roasted Vegetable Stir Fry. With gluten free bread.
- Nachos
- Grazing Boards, with gluten free bread.
- Nut Roast (V) served without Yorkshire pudding.
- Vegetarian or Meat Curry, served without naan.
- Sundried Tomato Torte, with gluten free bread.
- Pollo Italian.
- Bacon Wrapped Pork Fillet.
- Calves Liver & Bacon, served without onion rings.
- Sausage & Mash, served without onion rings.
- Belly Pork
- Hunters Chicken, served with a gluten free bbq sauce or regular gravy.
- Pan Seared Chicken Breast with hoisin sauce.
- Tempura Battered Catch of the Day.
- Beef or Chicken Burger, with gluten free bread. (Chicken burger no batter)
- Sirloin Steak by the ounce, no onion rings.
- All Salads.

For Dessert

Chocolate Fudge Sundae

Dark Chocolate & Toffee Brownie

Sicilian Lemon Tart

All ice creams & sorbet

Vegan

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

- Chef's Soup of the Day, no butter.
- Mixed Vegetable Potato Skins, no cheese.
- Garlic Mushroom Au Gratin, without bacon or cheese.
- Nachos with salsa, no cheese.
- Vegetable curry, served without naan.
- Sundried Tomato Torte.
- Nut Roast, without Yorkshire pudding.
- Mexican Bean burger, served in a ciabatta
- Vegetarian Sausages, served with chips or new potatoes.

For Dessert

Lotus Biscoff Mousse

Dark Chocolate & Toffee Brownie

Lemon Sorbet with raspberry coulis

Please be advised that 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.