

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 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.
- Potato Skins; see menu for toppings.
- Garlic Mushrooms; with gluten free bread.
- Chipolatas, 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.
- BBQ Pork Stack; with normal gravy.
- Calves Liver & Bacon, served with GF onion rings.
- Sausage & Mash, served with GF onion rings.
- Vegetarian Sausages with GF onion rings.
- Belly Pork, with gluten free onion rings
- Grilled Seabass.
- Cajun Chicken Breast, served with gf bbq sauce, no crispy onion
- Battered Catch of the Day, with gluten free batter.
- Beef or Chicken Burger, with gluten free bread. (Chicken burger GF batter)
- Curried Cauliflower burger, with gluten free bread.
- Sirloin Steak by the ounce, GF onion rings.
- Pollo Pesto, with gluten free onion rings.

Please ask a member of staff about our specials board and salads.

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 or sour cream.
- Mushroom & leek Potato skins, no bacon, no cheese
- Garlic Mushrooms, without bacon or cheese.
- Nachos with salsa, no cheese, no sour cream.

- Vegetable curry, served without naan.
- Vegan Salad, no Caesar, croutons or parmesan, add Falafel or Vegetarian Sausages.
- Nut Roast, without Yorkshire pudding.
- Curried Cauliflower Burger, served in a ciabatta
- Vegetarian Sausages, served with chips or new potatoes & GF onion rings.

GF Dessert

Chocolate Fudge Sundae

Chocolate Brownie Torte

Chocolate Cheesecake

All ice creams & sorbet

VG Dessert

Raspberry Jam Sponge with vegan ice cream

Chocolate Brownie Torte with vegan ice cream

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.