

# 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. Please 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.
- Dipping Board, with gluten free bread
- Mixed Bean, onion and olive Cassoulet on gluten free bread.
- Nachos
- Meat Grazing Board, with gluten free bread.
  
- Nut Roast (V) served without Yorkshire pudding.
- Vegetarian or Meat Curry, served without naan.
- Calves Liver & Bacon, served with GF onion rings.
- Sausage & Mash, served with GF onion rings.
- Vegetarian Sausages with GF onion rings.
- Belly Pork
- Seabass.
- Mediterranean Chicken Supreme.
- 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.
- Pastas

## **GF Dessert**

**Chocolate Fudge  
Sundae**

**Black forest cheesecake**

**Sticky Toffee Pudding**

**All ice creams & sorbet**

Please ask a member of staff about our specials board.

## **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.
- Deep fried Falafel, with hummus.
- Garlic Roasted vegetable pasta.
- Vegetable curry, served without naan.
- Nut Roast, without Yorkshire pudding.
- Curried Cauliflower Burger, served in a ciabatta
- Vegetarian Sausages, served with chips or new potatoes & GF onion rings.
- Chilli tomato Linguine

## **VG Dessert**

**Black forest cheesecake**

**Dark chocolate and salted  
caramel sponge**

**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.*