

THE
LANSDOWNE
ARMS

GLUTEN FREE MENU

While you wait

Mixed marinated olives with sun blushed tomatoes and feta - v	5.25
Courgette fritters with sweet chilli sauce - v	4.75

Starters and Sharers

Homemade soup of the day with toasted bread - v	5.95
Spiced avocado and roasted butternut squash on toasted bread with a chilli tomato salsa - v	6.25
Potted rabbit and pork with garlic and apricot chutney and toasted bread	7.75
Tiger prawns with avocado, tomato, crab crème fraîche and herb oil	9.25
Sautéed oyster mushroom with shallots, garlic and parsley butter on toasted bread - v	7.50
Baked Camembert with honey and rosemary served with toasted bread and roast garlic jam - v	12.95
Cheese ploughman's with Cheddar, Stilton and Brie, tomato, pickled onion and apple with toasted bread - v <i>Add home-cooked ham for 2.00</i>	12.95

Mains

6oz beef burger topped with Dorset Blue Vinney, crispy pancetta on a toasted bun, romaine lettuce, crispy onions, fries and spicy tomato chutney	13.25
Fish of the day in a Wadworth 6X Gold beer batter served with chips, homemade mushy peas and tartare sauce	13.95 / 8.95
Home-cooked honey glazed ham with free-range fried eggs, slow roasted tomato and chips	12.50 / 8.50
Grilled cod with a crayfish butter, seasonal greens and minted new potatoes	14.50
Ballotine of chicken filled with roasted red pepper, goat's cheese and spinach, wrapped in bacon served with garlic parmentier potatoes, seasonal greens and a pesto cream	15.50
Root vegetable, chilli and Old Winchester cheese hash served with a poached duck egg - v	10.95
Red lentil and vegetable biryani served with a carrot salad and poppadums - vg	11.50 / 7.75
Confit duck, mango, spring onion and cucumber with a soy, honey and sesame dressing	11.50

(v) = vegetarian option (vg) = vegan option. All weights are approximate before cooking. All food is prepared in our kitchen where nuts, gluten and other allergens are present. Processes and training are in place to ensure that gluten-free meals on our gluten free menu are gluten-free. Our menu descriptions do not include all ingredients.

IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING.

Full allergen information is available upon request. Fish dishes may contain small bones. We aim to support local farmers and growers from the Assured Food Standards Association. 0617/1.



Sides

Beer battered onion rings - v	3.75	House salad - v	3.50
Chips - v	3.50	Seasonal vegetables - v	3.50
Fries - v	3.50		

Sandwiches

Please ask for today's bread selection and then choose from the fillings below

Brie, bacon and cranberry	7.75
Fish goujons with lettuce and tartare sauce	7.75
Mature Cheddar cheese and spicy tomato chutney - v	6.75
Grilled halloumi with spinach, roasted peppers and chilli jam - v	8.25

Puddings

All puddings 6.50

3 scoops of dairy ice-cream or seasonal fruit sorbet, just ask us for more details - v

Affogato - vanilla ice-cream topped with an espresso - v

Sticky toffee pudding with rich toffee sauce and vanilla ice-cream - v

Passion fruit cheesecake with frozen yoghurt - v

Peanut butter parfait with caramelised bananas and chocolate sauce - v

A selection of British cheeses with apple, grapes, celery and chutney	8.95
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Hot Drinks

Americano	2.75	Flat white	3.00
Cappuccino	3.00	Hot chocolate	3.25
Latte	3.00	Pot of tea	2.75
Espresso	2.50	Speciality tea	2.90
Double espresso	3.00	Mocha	3.25

Seasonal daily specials are always available ask us for more details
