



TEMPLETON

GLUTEN
FREE
MENU



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STARTERS

SOUP OF THE DAY	£4.50
Warm gluten free bread	
BBQ PORK RIBS	£6.50
Shredded gem lettuce, coleslaw and house BBQ sauce	
BUFFALO CHICKEN WINGS	£6.00
Crispy chicken wings, hot sauce, celery sticks, blue cheese mayo	
CLASSIC PRAWN COCKTAIL	£6.75
North atlantic prawns, marie rose sauce, baby gem lettuce, tomato, lemon wedge and gluten free bread	
SEAFOOD CHOWDER	£6.75
Coley, pale smoked haddock, king prawns, comber potatoes, leeks, peas and gluten free bread	
NACHOS (TO SHARE)	£11.50
Corn chips, salsa, guacamole, jalapenos, sour cream, mozzarella	

SALADS

CLASSIC CAESAR SALAD	£9.00
Baby gem lettuce, rustic croutons, aged parmesan and caesar dressing	
CAPRESE SALAD	£10.00
Buffalo mozzarella, marinated tomatoes, rocket salad, virgin basil oil	
WALDORF SALAD	£10.00
Fresh apples, celery, grapes and walnuts, baby gem lettuce and rocket with grain mustard & yoghurt dressing	
ADD CHARGRILLED CHICKEN BREAST	£4.50
ADD GARLIC PRAWNS	£5.50
MIXED SEAFOOD CURRY	£13.50
Coley, pale smoked haddock, king prawns, green peppers, courgettes, spring onions in a coconut green curry sauce with aromatic boiled rice	
MIXED VEGETABLE CURRY	£10.50
Wok fried mixed vegetables in a coconut green curry sauce served with aromatic boiled rice	

ENTREES

LOCAL HAKE FILLET	£14.00
Pan roasted hake fillet, baby potatoes, pink prawns, peas, spinach and a burnt lemon & caper butter	

SEABASS FILLETS	£14.00
Pan fried seabass fillets, chorizo, roast red pepper, white beans, scallions, spinach ragu and salsa verdi	
CHICKEN SUPREME	£13.50
Roasted skin on chicken fillet, champ, pancetta, wild mushrooms and a tarragon jus	
GAMMON STEAK	£13.50
Chargrilled gammon steak, glazed pineapple, fried egg and chunky chips	
BELLY CUT PORK RIBS	£14.50
Braised rack of ribs, BBQ sauce, grilled corn, coleslaw and chunky chips	
LIVER BACON & ONIONS	£14.00
Pan fried lambs liver, cured bacon lardons, sautéed onions, champ and red wine jus	

STEAKS

10oz RUMP	£15.50
10oz SIRLOIN	£19.50
10oz RIBEYE	£19.50
All steaks served with roast vine tomato, grilled flat cap mushroom and a choice of sauce	
ADD BLUE CHEESE	£3.50
ADD GARLIC PRAWNS	£5.50

SIDES & SAUCES

CHUNKY CHIPS	£3.75
GARLIC FRIES	£4.00
BUTTERED STEAMED GREENS	£3.75
CHAMP	£3.75
ROCKET AND PARMESAN SALAD	£4.00
GRILLED CORN	£3.75
COLESLAW	£3.75
GRILLED FLAT CAP MUSHROOMS	£4.00
PEPPER SAUCE	£1.75
RED WINE JUS	£1.75
BLUE CHEESE MAYO	£1.50
BBQ SAUCE	£1.50
TARTARE SAUCE	£1.50