

GLUTEN FREE MENU

Served Tuesday to Saturday from 12 – 5pm & 6 – 9pm

Gastro Served 6 – 9pm only

Carvery Served Sunday – 12pm – 6pm (& also Bank Holiday Monday's)

Starters:

Soup of the Day with Gluten Free Bread **V**

Tempura Tiger Prawns, Quinoa with Coriander & Chilli Mayo & Pea Shoots

Smoked Haddock & Spinach Fishcake, Poached Hens Egg with a Chive Hollandaise Sauce

Steamed Mussels with Stowford Press Cider, Cream, Fresh Herbs & Gluten Free Bread

Honey & Thyme Baked Camembert, Apricot & Onion Chutney with Gluten Free Bread

Sandwiches:

Traditional Egg Mayonnaise V

Norfolk Walsingham Cheese with Onion Chutney **V**

Prawn Marie with a hint of Paprika

Norfolk Baked Ham & Tomato

The Boathouse Club (Chicken, Bacon, Tomato, Mayo, Coleslaw & Gem Lettuce) with Chunky Chips, Sweet Potato Fries or Wedges

(Vegetarian Option Available with Boiled Hens Egg & Brie)

Hot Seeded Rolls:

Pan Fried Steak, Caramelised Red Onion, Rocket & Tomato Salad

Brie with Roasted Peppers, Courgettes, Red Onion & Sun Blushed Tomato **V**

(Both served with a choice of Chunky Chips, Sweet Potato Fries or Wedges)

Mains:

BBQ Pulled Pork on a Gluten Free Bun with Coleslaw, Salad Garnish, Onion Rings, served with a choice of Chunky Chips, Sweet Potato Fries or Wedges

The Boathouse Burger (8oz) in a Gluten Free Bun with Relish, Baby Gem Lettuce, Tomato, Red Onion, Gherkin, Coleslaw, Onion Rings served with a choice of Chunky Chips, Sweet Potato Fries or Wedges

Add: Cheese £1, Bacon £1, Surf & Turf £2.50

The Boathouse Battered Cod Fillet with Chunky Chips, Garden Peas, Tartare Sauce & Salad Garnish

Cajun Spiced BBQ Baby Back Ribs with Chunky Chips, Homemade Onion Rings, Coleslaw & Side Salad

The Boathouse Hunters Chicken with Smoked Bacon, Melted Cheddar Cheese, Smokey BBQ Sauce, Salad Garnish & Coleslaw served with a choice of Chunky Chips, Sweet Potato Fries or Wedges

Norfolk Baked Ham, Two Eggs, Chips & Salad Garnish (Only served until 5pm)

Steamed Mussels with Stowford Press Cider, Cream, Fresh Herbs & Skinny Fries

Pan Fried Skate Wing, Lemon, Parsley & Capers with Buttered New Potatoes & Seasonal Vegetables

Norfolk Sausages with Herb Mash, Caramelised Red Onion Gravy, Onion Rings & Seasonal Vegetables (Only served until 3pm)

Braised Lamb Shank, Red Wine Jus, Minted Mash & Seasonal Vegetables

Tagliatelle with Wild Mushrooms, Spinach & Sun Blushed Tomatoes in a Cream & White Dressing, Roasted Baby Tomatoes with a Cheese Tuile **V Add: Chicken £2.00**

Roasted Aubergine & Warm Goats Cheese with Thyme & Garlic Roasted Plum Tomatoes & a Balsamic Syrup **V**

GLUTEN FREE MENU

Salads:

Warm Goats Cheese & Red Onion Chutney Salad V

Prawn Marie Salad

The Boathouse Caesar Salad with Gem Lettuce, Cherry Tomatoes, Croutons, Anchovies, Italian Cheese Shavings, Cheese Tuile with Caesar Dressing **V Add: Chicken & Bacon £2.00**

Gastro Menu:

10oz Sirloin Steak, Hand Cut Chips, Field Mushroom, Griddled Tomato, Seasonal Greens, Onion Rings, with either a Red Pepper & Stilton Butter, Green Peppercorn Sauce or Garlic & Herb Butter

Pan Fried Sea Bass, Herb Crushed Potatoes with a Lemon, Tomato & Olive Dressing & Seasonal Vegetables

Gressingham Duck Breast, Cocotte Potatoes, Celeriac Puree, Baby Carrots with a Red Wine Reduction

Three Way Pork, Glazed Belly, Confit Shoulder & Char Grilled Loin, with Sage Braised Potato, Broad Beans & Caramelised Apples

Char Grilled Vegetable Stack with Sage Braised Potato & a Tomato & Basil Dressing **V**

Children's Meals:

Homemade Chicken Goujons & Chunky Chips with Peas or Baked Beans

Homemade Cod Goujons & Chunky Chips with Peas or Baked Beans

Tagliatelle with Sun-Blushed Tomatoes, Spinach in a Cream Sauce & Shaved Cheddar Cheese **V**

The Boathouse Burger & Chunky Chips with Peas or Baked Beans

Norfolk Sausage, Mash Potato, Peas & Gravy

Side Orders:

Gluten Free Roll or Bread, Baked Beans, Coleslaw, Garlic Bread, Chunky Chips, Garden Peas, Onion Rings, Side Salad, Garlic Bread with Cheese, Cheesy Chunky Chips, Sweet Potato Fries, Wedges, Skinny Fries

Desserts:

Ice Cream: Chocolate, Honeycomb **Sorbets:** Mango, Raspberry or Lemon

Boathouse Sundae, Vanilla Ice Cream, Brownie Nuggets, Berry Compote, Meringue, Toasted Hazelnuts, Chocolate or Raspberry Sauce

Triple Chocolate Brownie, Chocolate Sauce, Hazelnut Crumb, Chantilly Cream or Ice Cream

Madagascan Vanilla Cheesecake, Caramelised Fruits, Roasted Pecan Nuts & a Brandy Syrup

Cheeseboard, Walsingham Cheddar, Binham Blue, Garlic & Herb Cheddar, Brie, Crackers, Fruit Chutney and Black Grapes

Sticky Toffee Pudding, Toffee Sauce & Clotted Cream

The Boathouse Crumble of the Day with Vanilla Custard and Gluten Free Ice-cream

All prices are the same as on the main menu