

GLUTEN FREE MENU

Served Tuesday to Saturday from 12 – 3pm & 5.30 – 9pm
Sandwiches & Sides Served from 12 – 5pm – Gastro Served 5.30 – 9pm
Carvery Served Sunday – 12pm – 7pm (& also Bank Holiday Monday's)

Starters:

Soup of the Day with Roll & Butter **V**

Tempura Battered Tiger Prawns, Chilli & Coriander Potato Salad, Coriander Oil & Pea Shoots

Classic Boathouse Prawn Cocktail with Granary Croute

Quenelle of Cromer Crab Mousse, Potted Brown Shrimps, Pickled Cucumber, Lemon Mayonnaise & Purple Cress

Confit Duck Terrine, Tomato & Onion Chutney with Toasted Bread

Chicken Liver Pate, Chutney with Toasted Bread

Asparagus, Beetroot & Pea Salad with Warm Goat's Cheese

Sandwiches:

Traditional Egg Mayonnaise V

Norfolk Baked Ham, Beef Tomato & Dijon Mustard

Cheddar Cheese with Tomato Chutney **V**

Prawn Marie with a hint of Paprika

Topside of Beef with Horseradish

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

Hot Seeded Rolls:

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

Cajun Chicken Breast, Red Onion, Sun Blushed Tomato, Rocket & Tomato Salad

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

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

Mains:

Boathouse Ploughman's – Choice of Cheese, Norfolk Ham or both. All served with Pickled Onion, Celery, Apple, Salad, Apple Salad, Chutney & Gluten Free Bread **(Only served until 3pm)**

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

Cajun Chicken Breast Burger 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

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

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

Vegetable and Nut Burger in a Seeded Bun with Relish, Gem Lettuce, Tomato, Red Onion, Gherkin, Coleslaw, Onion Rings served with a choice of Chunky Chips, Sweet Potato Fries or Wedges **V**

Tagliatelle with Roasted Peppers, Shallots, Mushrooms, Chervil & Parmesan in a Tomato or Cream Sauce **V**

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

Home Baked Ham, Two Eggs, Chips & Salad Garnish **(Only served until 3pm)**

Crispy Beetroot Fritteri, Baked Goat's Cheese, Sun blushed Tomato Salad with Balsamic Dressing **V**

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Salads:

Warm Goats Cheese & Red Onion Chutney Salad V

Cajun Spiced Chicken Salad

Prawn Marie Salad

Cromer Crab Salad

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

Gastro Menu:

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

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

Pan Fried Sea Bass, Harissa Spiced New Potatoes, Red Pepper Puree, Lemon Kale & Toasted Almonds

Gressingham Duck Breast, Confit Leg Bon Bon, Dauphinoise Potatoes, Baby Spinach, Honey Carrots & a Pink Peppercorn Dressing

Pork Tenderloin marinated in Honey & Mustard wrapped in Parma Ham & Sage, served with Fondant Potato, Golden Beets, Tender Stem Broccoli with Honey and Mustard Dressing

Boathouse Seafood Medley – Cod Loin, Salmon, Tiger Prawns, Sea Bass with Saffron Mash & Baby Vegetables in a Seafood Bisque

Children's Meals:

Homemade Chicken Goujons and Chunky Chips with Peas or Baked Beans

Homemade Cod Goujons and Chunky Chips with Peas or Baked Beans

The Boathouse Burger and Chunky Chips with Peas or Baked Beans

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

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, Corn on the Cob

Desserts:

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

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

Chocolate & Pecan Nut Brownie, with Chocolate Sauce, Pecan Crumb with Chantilly Cream or Ice-cream

Glazed Lemon Tart, Summer Berry Compote & Raspberry Sorbet

Mixed Berry Cheesecake, Fruit Coulis with White Chocolate Scroll

Cheeseboard, Cheddar, Stilton, Garlic & Herb, Brie, Crackers, Chutney and Black Grapes

Trio of Deserts, Chocolate Pecan Brownie, Raspberry Parfait & Mini Fruit Pavlova

Boathouse Crème Brulee, Shortbread Biscuit with Summer Berry Compote

All prices are the same as on the main menu