

## GLUTEN FREE MENU

**Served Tuesday to Saturday from 12 – 4.30pm & 5.30 – 9pm**  
**Carvery Served Sunday – 12pm – 7pm (& also Bank Holiday Monday's)**

### Starters:

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

**Boathouse Homemade Hash Brown**, Wilted Spinach, Poached Egg & Herb Hollandaise **V**

**Venison & Smoked Ham Terrine** with Spiced Tomato Jelly, Balsamic Syrup & Walnut Croutes

**Classic Boathouse Prawn Cocktail** with Granary Croute

**Seafood Trio**, Salmon Fishcake, Tempura Prawn, Seafood Bisque, Pea Shoots & Purple Cress

**Roasted Artichoke Bruschetta**, Garlic Dried Tomatoes & Mozzarella **V**

**Smoked Mozzarella & Basil Arancini** with Warm Tomato & Onion Chutney and Rocket Salad **V**

### 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

### 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

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

**Norfolk Sausages** with Chive Mash, Caramelised Red Onion Gravy, Onion Rings & Seasonal Vegetables

**Steamed Mussels** with Stowford Press Cider, Fresh Herb Cream & a Warm Roll with Skinny Fries

**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

**Baked Skate Wing**, Lemon Parsley & Capers with Buttered New Potatoes & Seasonal Vegetables

**Lamb Shank** with Herb Mash Potato, Seasonal Vegetables & Mint Jus

**Tagliatelle** with Roasted Peppers, Shallots, Mushrooms, Chevril & Parmesan in a Tomato Sauce **V**

**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**

**Pan Fried Halloumi** with Tomato Ragout, Crispy Courgettes & Cajun Roasted Peppers **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, 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

**Pan Fried Sea Bass Fillet**, Sauté Potatoes, Spinach, Broad Bean, Chorizo & Baby Herb Salad

**Guinea Fowl Breast**, Confit Leg Croquette, Fondant Potato, tender Stem Broccoli, Baby Carrots with Chestnut Mushroom Fricassee

**Braised Blade of Beef** with Bubble & Squeak Cake, Caramelised Baby Onions, Roasted Carrots & Beetroot Crisps with Red Wine Jus

**Pork Three Ways**, Loin Medallion, Confit Croquette, Popcorn Belly with Bramley Apple & Sage Mash, Roasted Beets & Aspath Cider Jus

**Gressingham Duck Breast**, Dauphinoise Potatoes, Wrapped Green Beans in Parma Ham, Roasted Shallots with Orange & Cranberry Dressing

**Tomato and Parmesan Risotto Cake** with Field Mushroom, Roasted Vegetables, Yellow Pepper Dressing & Parsnip Crisps **V**

### 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 Tomato Sauce and Grated 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

### Desserts:

**Ice Cream:** 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

**Crumble of The Day** with Homemade Vanilla Custard or Ice-cream

**Double Chocolate & Honeycomb Cheesecake** with Chocolate Sauce and White Chocolate Shavings

**Sticky Toffee Pudding** with Toffee Sauce and Clotted Cream

**Cinnamon & Apricot Brulee** with Sesame and Poppy Brittle

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

**All prices are the same as on the main menu**