

GLUTEN FREE MENU

Starters:

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

Tempura Battered Tiger Prawns, Mediterranean Potato Salad, Sweet Chilli Sauce & Fresh Lemon

Boathouse Prawn Cocktail with Gluten Free Granary Croute

Avocado & Confit Tomato on Toasted Gluten Free Bread with a Balsamic Reduction & a Summer Leaf & Artichoke Salad **V**

Ham Hock Terrine, Piccalilli, Apple Puree & Toasted Gluten Free Bread

Mains:

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

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

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 Burger in a Toasted Gluten Free Bun with Relish, Gem Lettuce, Tomato, Red Onion, Gherkin & Coleslaw with a choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Wedges

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

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

Steamed Wing of Skate with New Potatoes, Samphire & Tender Stem Broccoli with a Mussel, Caper & Fresh Parsley Butter

BBQ Ribs with Onion Rings, Coleslaw & a Side Salad with a choice of Chunky Chips or Skinny Fries

Cajun & Honey Marinated Chicken & BBQ Rib Combo with Onion Rings, Coleslaw, Side Salad with a choice of Chunky Chips or Skinny Fries

Gastro – Served from 5.30pm - 8.30pm

Pan Fried Fillet of Seabass with a Red Pepper Coulis, Crisp Crab Cake & Samphire

Seafood Medley – Seabass, Salmon, Cod Loin & Whole King Prawn served with a Soft Herb Mashed Potato, Tender Stem Broccoli, Samphire & a Rich Seafood Bisque

Pan Roasted Chicken Supreme filled with Feta, Sundried Tomatoes & Basil, served with Tender Stem Broccoli, Fondant Potato & a Pancetta & Wild Mushroom Sauce

10oz Sirloin Steak with Hand Cut Chips, Field Mushroom, Griddled Tomato, Homemade Onion Rings & Seasonal Greens

Add: Green Peppercorn Sauce, Stilton Butter or Herb Butter

Vegetarian:

Five Bean & Vegetable Burger in a Gluten Free Bun with Relish, Gem Lettuce, Tomato, Red Onion, Gherkin, Coleslaw & Onion Rings with a choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Wedges

Pea & Leek Risotto topped with Crispy Leeks & Shaved Vegetarian Hard Cheese

Battered Halloumi with a Mixed Salad & Tomato Salsa with a choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Wedges

All prices are the same as on the main menu

We cannot guarantee that all our dishes are 100% free from nuts or derivatives.

Please speak to a senior member of staff if you have any special dietary requirements or allergies.

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Salads:

Prawn Marie Salad

Cajun Chicken Salad

Cromer Crab Salad

Avocado & Artichoke Salad with Black Olives, Cucumber, Red Onion & Sun-Dried Tomatoes **V**

Sandwiches:

(Served on White or Granary Gluten Free Bread with Salad Garnish & Crisps)

Norfolk Baked Ham Tomato & Dijon Mustard

Cheddar Cheese & Tomato

Traditional Egg Mayonnaise

Prawn Marie with a hint of Paprika

The Boathouse Club (Griddled Chicken, Bacon, Tomato, Mayonnaise & Gem Lettuce) with Coleslaw and your choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Wedges

BLT (Crispy Bacon, Lettuce, Tomato & Mayonnaise) with Coleslaw and your choice of Chunky Chips, Sweet Potato Fries, Skinny Fries or Wedges

Children's Meals:

Homemade Chicken Goujons & Chunky Chips with Peas or Baked Beans

Homemade Cod Goujons & Chunky Chips with Peas or Baked Beans

Norfolk Sausage, Mash Potato, Peas & Gravy

Boathouse Burger with Chunky Chips with Peas or Baked Beans

Mini Ribs with Corn on The Cob & Chunky Chips or Skinny Fries

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:

Summer Berry Cheesecake with a Berry Compote & Chantilly Cream

Boathouse Sundae Vanilla Ice Cream, Chantilly Cream, Brownie Nuggets, Berry Compote & Meringue with Chocolate or Raspberry Sauce

Triple Chocolate Brownie, Chocolate Sauce, Fresh Berries & Vanilla Ice Cream

Coconut Pannacotta with Pineapple Salsa, a Fresh Passion Fruit & Mango Coulis & Mini Vanilla Shortbread Biscuits

Ice Cream: Strawberry, Vanilla, Chocolate, Honeycomb, Mint Choc Chip, Caramel

Sorbets: Mango, Raspberry, or Lemon

Children's Desserts:

Mini Triple Chocolate Brownie, Chocolate Sauce & Vanilla Ice Cream

Mini Boathouse Sundae Vanilla Ice Cream, Brownie Nuggets, Meringue with Chocolate or Raspberry Sauce

Mini Summer Berry Cheesecake

Ice Cream: Strawberry, Vanilla, Chocolate, Honeycomb, Mint Choc Chip, Caramel

Sorbets: Mango, Raspberry, or Lemon

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