



The Red Cow Allestree

Gluten free Menu

Starters

Baby baked button mushrooms in a cream and herb sauce topped with local stilton and breadcrumbs on

gluten free bread £5.95 **7**

Freshly made hummus, vegetable sticks and gluten free bread £ 4.50 **12**

Soup of the day with gluten free bread £4.50 **7**

Mezze board. Hummus, halloumi fritters, Greek salad, olives and gluten free bread £5.25

or to share £ 9.95 **2,7,12**

Sandwiches and salads

Smoked bacon, lettuce and tomato (BLT) on gluten free bread with mayonnaise, house salad and

seasoned fries £7.95 **4**

Red cow fish finger sandwich. Gluten free battered cod goujons, gluten free bread baby gem lettuce and

freshly made tartare sauce. with house salad and chefs dressing and seasoned fries £8.95 **4,5,9**

Traditional Greek salad with tomatoes, cucumber, onions, olives and feta cheese £7.95 .

Add chicken for £2.95 or salmon fillet for £3.95 **7**

Main Courses

Chicken Tikka skewer with pepper and onions served with seasoned fries and house salad £11.95 **14**

The Red Cow burger. Beef Pattie, bacon and Monterey Jack cheese on a toasted gluten free bun with gherkin, lettuce, tomato, gluten free onion rings, coleslaw and relish with hand cut chips or seasoned fries

£11.95 **4,7,14**

The Red Cow buffalo chicken burger melted Monterey jack cheese on a toasted bun with baby gem lettuce, tomato, gluten free onion rings and coleslaw with hand cut chips or skinny fries £11.95 **4,7,14**

ALL OF OUR PIZZA MENU CAN BE SERVED GLUTEN FREE. PLEASE ASK FOR DETAILS

Desserts

White chocolate and strawberry pavlova with Chantilly cream, strawberry coulis and fresh mint £5.95 **4,7**

Chocolate brownie with vanilla ice cream £5.95 **4,7**

The red cow cheeseboard. A selection of locally sourced cheeses, red onion chutney, grapes and gluten free biscuits £7.95 **7,14**

A selection of Daltons Dairy ice creams £4.50 **7**

Sometimes our cheesecakes are gluten free, please check with our staff.

Allergens Key:

1-celery.2-cereals, 3-crustaceans.4-eggs.5-fish.6-lupin.

7-dairy.8-mollucus.9-mustard.10-nuts.11-peanuts.12sesame seeds.

13-soya.14-sulphur dioxide.

OUR SUNDAY ROAST MENU CAN BE SERVED GLUTEN FREE TOO !!