

Gluten Free Lunch Menu

Starters

Chef's Homemade Soup of the Day £4.50

Served with Gluten Free Bread

Nearly all our Soups are Gluten Free - please check with the waiting staff on the day

Creamy Garlic Mushrooms £5.75

Served with Gluten Free Bread

Fan of Honey Dew Melon £3.95

Served with a Raspberry Coulis

Meat Dishes

8oz Gammon Steak £10.50

Served with Egg or Pineapple or both (25p extra) and Seasonal Vegetables

Chef's Spicy Chicken £10.50

Breast of Chicken Goujons coated in a Light Spicy Gluten Free Batter with a Salad Garnish

Gluten Free Sausage, Egg, Beans & Chips £8.95

Exactly as it says!

Fish Dishes

'Quirkies' Famous Freshly Battered Deep Fried Cod £9.95

In Gluten Free Batter, served with Peas

The Famous Creg's 'Moby Dick' Deep Fried Cod £12.50

As above but for really BIG appetites!

Fresh Salmon Fillet £13.50

Served in a Parsley & King Prawn Sauce (white wine, cream, mushrooms & King Prawns)

Gourmet Scampi £9.95

Deep fried in Gluten Free Batter served with a Salad Garnish

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Salad Selection

The Famous Creg's Grilled Chicken Salad £9.75
Flared Breast of Grilled Chicken & Fresh Parmesan Cheese
Tossed with a Whole Grain Mustard & Olive Oil Dressing

Choose from:

Cheese, Tuna & Peach, Honey Roast Ham or £9.25
Succulent Prawns with Marie Rose Sauce

Our Creg salads come with a dazzling array of salad & fruits to titillate your taste buds!

Vegetarian Dishes

Mushroom & Mixed Vegetable Stroganoff £9.50
Served with Boiled Rice & Gluten Free Naan Bread

Bombay Potato Vegetable Curry £9.95
Served with Naan Bread

Delicious Omelettes

Choose from:

Cheese, Ham, Mushroom or Tomato £8.50
Served with a salad garnish & coleslaw and a choice of Chips, Jacket Potato or Salad (Additional 50p per topping)

Jacket Potatoes

Served with Side Salad along with a variety of toppings:

Cheese or Beans £5.50

Cheese & Beans £5.95

Cheese & Coleslaw £5.95

Tuna & Mayonnaise £5.95

Succulent Prawns with Marie Rose Sauce £6.25

Dessert Selection

Please ask our staff for today's selection of Gluten Free Desserts

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