

# THE ALFORD ARMS - Gluten Free



Possible unknown nut contamination=10\*

Possible unknown shellfish, fish or mollusc contamination=3\*, 5\* & 8\*

Please ask for help with any allergies

## STARTERS

Today's soup with GF (gluten free) bread (nv) £6.25 (1,4,7,10\*,12,14)

Salt 'n pepper squid with chilli jam £7.75 (F,3\*,5\*,8,14)

Spiced roast pumpkin and squash with crispy halloumi salad and sweetcorn and chilli salsa (v) £7.25 (F,4,7,9,14)

Charred Cornish wild sea bass fillet with grapefruit, green olives, courgettes and black olive oil £8.50 (\*3,4,5,7,8\*)

Crispy pig's cheeks with apple purée, crispy shallots and pickled celery £7.75 (1,F,4,14)

Grilled Wobbly Bottom goats' cheese salad with rocket, pickled celery, red pepper ketchup and lentil vinaigrette (v) £6.75 (1,7,9,14)

Bubble and squeak with oak smoked bacon, free range poached egg and hollandaise sauce £7.75/£13.75 (F,4,7,14)

## MAIN COURSES

Potash Farm free range coq au vin with creamy mash and curly kale £18.75 (1,7,14)

Pan-roast sea bream fillet with sautéed new potatoes, braised chicory and salsa verde £19.50 (3\*,5,8\*,9,14)

Chilli roast butternut squash superfood salad with pomegranate, quinoa and lentils (v) £13.50 (9,14)  
... add sautéed chorizo £2.25 (7)

Grilled Cornish pollock with seaweed and pink pepper butter, sea salt baked new potatoes and sprout tops £19.75 (3\*,5,7,8\*)

Ledgemoor Farm lamb, leek and rosemary stew with French-style peas £18.50 (1,7,14)

Baked Indian-spiced Bucksom Farm pumpkin with onion bhajis, chard sag aloo, mint yoghurt and fennel chutney (v) £14.25 (F,7,9,14)

Pan-fried aged 10oz English rib-eye steak with slow-roast garlic and parsley butter, rocket and hand-cut chips £26.75 (F,7,9,14)

## SIDES

Buttered seasonal vegetables £3.75 (7) Truffle chilli sprouts £4.00 House salad £3.75 (9,14)

Mashed potatoes £3.50 (7) Smoked paprika salt hand-cut chips £4.00 (F)

## PUDDINGS

Spiced apple and pear crumble with vanilla custard £6.75 (4,7)

Baked coconut rice pudding with mango and mint salsa £6.75

Banana and raspberry sundae with honeycomb ice cream, raspberry sauce and honeycomb £7.50 (4,7)

Blackberry posset with blackberry compôte £7.25 (7)

Homemade ice cream (honeycomb, strawberry, mascarpone) £6.00 (4,7)

Homemade sorbets (apple, pear, lime) £5.75

British cheese plate with GF crackers and red onion chutney (n) £9.50 (7,10\*12,13,14)

Affogato espresso and vanilla ice cream £5.00 (4,7)