

# THE KEEL ROW

*The Herron family welcome you to our family run Pub and Restaurant*

## Gluten Free Menu

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### Starters

*Homemade Soup of the day - £4.95*

*Nachos (Cornflour) served with Jalapenos & Dips - £7.95* 

*Hot Chilli Nachos (Cornflour) served with Dips - £9.95*

*Creamy Garlic Mushrooms – £5.95* 

*Traditional Prawn Salad - £7.95*

*Potato Skins – Served with garlic mayo - £4.95* 

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### Mains – traditional pub classics


*Homemade Lasagne – chips & salad - £10.95*

*Hot Chilli Con Carne– rice and/or chips - £10.95*

*Roast of the day – GF Yorkshire and gravy - £8.95*

*Cajun Chicken Wrap – chips & salad - £9.95*

*(add Cheese for £1)*

*Omelette (choice of 3 fillings) – chips & salad - £8.95* 

*Ham, Double Egg & Chips - £8.95*

*Hunters Chicken – £12.95*

*Chicken Fajitas – cheese, salad, dips and wraps - £16.95*

*Traditional Fish Pie - £10.95*

*Cod & Chips– garden peas or mushy peas, chips & salad -£12.95*

*Cheese & Broccoli Pasta Bake – chips & salad £9.95* 

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### PLEASE ASK A MEMBER OF STAFF TO SEE OUR DESSERT MENU

Steak, gammon, pork chop, salads and jacket potatoes, are available on our regular menu as a gluten free option – ask staff for details.

All of the above dishes are made using gluten free ingredients but are prepared/handled/stored in the kitchen with all other items.

All prices are inclusive of VAT. Guests concerned about the presence of allergens in our food are welcome to ask a member of the team for assistance before ordering. All meals may contain nuts or nut derivatives. Fish may contain small bones.

Suitable for vegetarians. 