

COAST



GLUTEN FREE MENU



www.cawleyhotels.com

STARTERS

Soups of the Day

crusty gluten free bread roll, butter 6.95

Chicken Liver Parfait

toasted gluten free bread, seasonal salad, caramelised red onion chutney 9.95

Atlantic Prawn Cocktail

crisp gem lettuce, marie rose sauce, lemon wedge 11.95

King Prawn Sizzler

hot chilli & garlic oil, toasted gluten free garlic bread 12.95

Seared King Scallops

pea purée, crisp parma ham 15.95

Hot Honey Goats Cheese

whipped goats cheese, crushed walnuts, rocket salad, toasted gluten free ciabatta 9.95

Moules Marinière

garlic & shallot cream sauce, toasted gluten free garlic bread 11.95

Crispy Tempura (Starter/Main)

crisp tempura batter, sweet chilli dipping sauce

Chicken 9.95 / 18.95

Vegetable 8.95 / 17.95

Prawn 10.95 / 19.95

Mixed 9.95 / 18.95

add a bowl of skinny fries 3.95

SHARING BOARDS

Coast Seafood Platter

mini prawn cocktail, crispy prawn tempura with a sweet chilli dipping sauce, smoked salmon with capers & lemon, crispy calamari, spicy haddock bites with lemon & tartar sauce 25.95

Coast Sharing Platter

crispy chicken tempura with sweet chilli dipping sauce, chicken liver parfait with caramelised onion chutney, parma ham, whipped goats cheese 24.95

FOOD ALLERGENS & INTOLERANCES

Allergies & Intolerances : Although your meal is prepared with care, due to handling of allergens in our kitchen, we cannot guarantee it will be allergen free, even after ingredients have been removed on request. Meat & fish dishes may contain small bones.

= Vegetarian = Vegan

SANDWICH SELECTION

(served from 12 - 5pm)

White or brown gluten free bread or gluten free tortilla wrap

Savoury Cheese 9.95

Egg Mayonnaise 9.95

Prawn Marie Rose 12.95

Tuna Mayonnaise 11.95

Ham & Cheese 10.95

Coronation Chicken 10.95

Roast Chicken Salad 11.95

Hot Smoked Salmon, Crème Fraîche & Watercress 12.95

add a bowl of homemade soup 4.95

add a bowl of skinny fries 3.95

HOT SANDWICHES

(served from 12 - 5pm)

Croque Monsieur

baked ham & cheese sandwich, béchamel sauce 12.95

Croque Madame

baked ham & cheese sandwich, béchamel sauce topped with a fried egg 13.95

Traditional Club Sandwich

served with a fried egg 13.95

Char-Grilled Steak Ciabatta

mustard mayo, caramelised red onion chutney, rocket leaves 15.95

add a bowl of homemade soup 4.95

add a bowl of skinny fries 3.95

All sandwiches are served with coleslaw & seasonal salad

BUNS

All buns are served with fries and a battered onion

Classic Burger

gluten free bun, crisp gem lettuce, beef tomato, burger sauce 18.95

add cheese / bacon 2.95

Plant Based Burger

gluten free bun, plant-based patty, crisp gem lettuce, beef tomato, vegan mayo, crispy onions 17.95

The Scottish Burger

gluten free bun, smoked bacon, crisp gem lettuce, beef tomato, peppercorn sauce 20.95

THE CAWLEY CLASSICS

Slow Cooked Tuscan Pork Ragu

gluten free penne, topped with parmesan, served with toasted gluten free garlic bread 18.95

Traditional Beef Lasagne

glazed with mozzarella, seasonal salad, toasted gluten free garlic bread 18.95

add a bowl of skinny fries 3.95

Thai Spiced Chicken Breast

stir fry vegetables, rice pilaf, coconut, lime & sweet chilli sauce, prawn crackers 19.95

Three Cheese Macaroni

isle of mull cheddar & herb crumb, toasted gluten free garlic bread 16.95

add bacon and leek 3.95

add chorizo and peas 3.95

Roast Breast of Chicken

fondant potato, buttered greens, peppercorn sauce 19.95

Peppered Trio of Beef, Pork and Chicken

creamed potatoes, seasonal vegetables, peppercorn & brandy cream sauce 23.95

Sweet Potato Massaman Curry

lightly spiced vegetable curry, rice pilaf, warm gluten free tortilla wrap 17.95

Sizzling Fajitas

gluten free tortillas, salsa, guacamole, sour cream, grated cheese

Vegetable 16.95

Chicken 19.95

Prawn 20.95

Mixed 19.95

FROM THE GRILL

All our steaks are dry aged and matured by our trusted butcher. Served with a whole roasted tomato, flat-cap mushroom, battered onion ring, your choice of real chips or fries

Prime Sirloin 8oz 35.95

Prime Beef Fillet 8oz 38.95

Steak Sauces 3.95

peppercorn / béarnaise / red wine gravy / garlic butter / blue cheese

Steak Toppers

Mini Mac & Cheese 5.95

Garlic King Prawns 7.95

SPECIALITY

Chateaubriand Sharing Platter

served with whole roasted tomatoes, garlic roasted flat cap mushrooms, with your choice of two sides and two sauces 89.95

FROM THE SEA

Classic Fish and Chips

battered haddock fillet, mushy peas, lemon wedge, real chips or fries 19.95

Crispy Fillet of Salmon

seasonal greens, cherry tomatoes, olives, basil, lemon aioli 21.95

Shetland Mussels

white wine, shallot & herb cream, toasted gluten free ciabatta, fries 19.95

Smoked Haddock and Salmon Gratin

arran mustard cream, braised leeks, creamed potatoes, glazed with an isle of mull cheddar & herb crumb 19.95

Seafood Linguini

salmon, king prawns, mussels & clams served in a garlic & soft herbs cream, toasted gluten free garlic bread 22.95

SALADS

Classic Caesar Salad

crisp gem lettuce, bacon, anchovies, parmesan shavings, caesar dressing 12.95

Superfood Bowl

seasonal leaves, smashed avocado, shredded beetroot, cauliflower couscous, pomegranate, tenderstem broccoli, toasted seeds, cottage cheese 14.95

add char-grilled chicken breast 5.95

add king prawns 7.95

add goat’s cheese 4.95

add charred halloumi 3.95

SIDES

Fries or Real Chips 4.95

Onion Rings 4.95

Cajun Fries 5.95

Chilli & Parmesan Fries 5.95

Truffle Parmesan Fries 5.95

Sweet Potato Fries 5.95

Tenderstem Broccoli, Lemon Oil 5.95

Bacon and Cheese Fries 6.95

Mini Mac and Cheese 6.95