

COAST



GLUTEN FREE MENU



www.cawleyhotels.com

STARTERS

Soups of the Day v

gluten free bread roll, butter 7.95

Chicken Liver Parfait

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

Warm Breaded Goat's Cheese v

beetroot & rocket salad, chilli & tomato jam 9.95

Shetland Mussels (Starter/Main)

toasted gluten free garlic bread

Thai Red Curry 11.95 / 19.95

Marinière 11.95 / 19.95

Chorizo & Chilli 13.45 / 21.45

add a bowl of skinny fries 3.95

Bang Bang Cauliflower vv

vegan sriracha mayo, asian slaw 11.95

Atlantic Prawn Cocktail

marie rose prawns, crisp leaves, lemon wedge 12.95

King Prawn Sizzler

hot chilli & garlic oil, toasted gluten free garlic bread 13.95

Seared King Scallops

lightly warmed corn & chorizo salsa 16.95

Crispy Tempura (Starter/Main)

sweet chilli dipping sauce

Vegetable vv 8.95 / 17.95

Chicken 9.95 / 19.95

Mixed 10.95 / 19.95

Prawn 11.95 / 20.95

add a bowl of skinny fries 3.95

SHARING BOARDS

Coast Seafood Platter

mini prawn cocktail, spicy haddock bites with a sweet chilli dipping sauce, mini king prawn sizzler, crispy prawn tempura, smoked salmon with capers & lemon 27.95

Coast Sharing Platter

bang bang cauliflower, crispy chicken tempura with sweet chilli dipping sauce, chicken liver parfait with caramelised onion chutney, parma ham, breaded goat's cheese 26.95

FOOD ALLERGENS & 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.

v = Vegetarian vv = Vegan

SANDWICH SELECTION

(served from 12 - 5pm)

White or brown gluten free bread, or gluten free tortilla wrap

Savoury Cheese v 10.95

Egg Mayonnaise v 10.95

Ham & Cheese 11.95

Coronation Chicken 11.95

Tuna Mayonnaise 12.95

Roast Chicken Salad 12.95

Prawn Marie Rose 13.95

New York Deli Pastrami

pickles, american mustard, swiss cheese 13.95

add a bowl of skinny fries 3.95

add a bowl of homemade soup 4.95

HOT SANDWICHES

(served from 12 - 5pm)

Croque Monsieur

baked ham & cheese sandwich, béchamel sauce 13.95

Croque Madame

baked ham & cheese sandwich, béchamel sauce topped with a fried egg 14.95

Traditional Club Sandwich

served with a fried egg 14.95

Char-Grilled Steak Ciabatta

mustard mayo, caramelised red onion chutney, rocket leaves 16.95

add a bowl of skinny fries 3.95

add a bowl of homemade soup 4.95

All sandwiches are served with coleslaw & seasonal salad

BUNS

All burgers are served on a gluten free bun with a side of fries, coleslaw and a battered onion ring

Classic Burger

crisp lettuce, tomato, burger sauce 19.95

add cheese / bacon 2.95

Plant-based Burger vv

vegan style brioche bun, plant-based patty, crisp lettuce, tomato, vegan mayo 18.95

Scottish Burger

beef patty, smoked bacon, crisp lettuce, tomato, peppercorn sauce 22.95

THE CAWLEY CLASSICS

Penne Carbonara

carbonara sauce, cream, garlic, bacon lardons 17.95

Three Cheese Macaroni v

with a cheddar cheese glaze & pangrattato, toasted gluten free garlic bread 17.95

add chorizo & chilli 3.95

add king prawn & spring onion 6.95

Sweet Potato Dhal Curry vv

lightly spiced vegetable curry, rice pilaf, gluten free tortilla 18.95

Breaded Chicken Fillets

succulent pieces of chicken in breadcrumbs, served with homemade deli coleslaw and your choice of real chips or skinny fries 17.95

Traditional Beef Lasagne

glazed with mozzarella, seasonal salad, toasted gluten free garlic bread 19.95

add a bowl of skinny fries 3.95

Thai Spiced Chicken Breast

stir fry vegetables, rice pilaf, coconut, lime & sweet chilli sauce, prawn crackers 20.95

Roast Breast of Chicken

fondant potato, buttered greens, peppercorn sauce 20.95

Sizzling Fajitas

soft flour tortillas, salsa, guacamole, sour cream, grated cheese

Vegetable v 17.95

Chicken 20.95

Mixed 20.95

Prawn 21.95

Butter Chicken Curry

rice pilaf, coriander yoghurt, gluten free tortilla 22.95

Peppered Trio of Beef, Pork & Chicken

creamed potatoes, seasonal vegetables, peppercorn & brandy cream sauce 24.95

FROM THE GRILL

All steaks are cut in house, served with a roasted tomato, garlic roasted flat cap mushroom, onion ring and your choice of fries or hand cut chips

Prime Sirloin 8oz 37.95

Prime Beef Fillet 8oz 41.95

Steak Sauces 3.95

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

Steak Toppers

Mini Mac & Cheese 7.95

Garlic King Prawns 8.95

SPECIALITY

Chateaubriand Sharing Platter

served with whole roasted tomatoes, garlic roasted flat cap mushrooms, with your choice of two sides and two sauces 94.95

FROM THE SEA

Fish and Chips

battered haddock fillet, mushy peas, lemon wedge, real chips or fries 20.95

Make it like the Chippy

add curry sauce & pickled onion 2.95

Smoked Haddock & Salmon Gratin

arran mustard cream, braised leeks, creamed potatoes, glazed with a cheddar cheese glaze & pangrattato, 21.95

Crispy Fillet of Salmon

seasonal greens, cherry tomatoes, olives, basil, lemon aioli 22.95

Pan Fried Fillet of Sea Bream

primavera risotto, lemon & rocket salad 22.95

Seafood Penne

salmon, king prawns, mussels & clams served in a garlic & soft herbs cream, toasted gluten free garlic bread 24.95

SALADS

Classic Caesar Salad

crisp gem lettuce, bacon, anchovies, parmesan shavings, caesar dressing 13.95

Greek Salad v

tomatoes, cucumber, red onion, feta, olives, classic greek salad dressing 14.95

Superfood Bowl v

seasonal leaves, smashed avocado, shredded beetroot, cauliflower couscous, pomegranate, tenderstem broccoli, toasted seeds, cottage cheese 15.95

add charred halloumi v 3.95

add goat's cheese v 4.95

add char-grilled chicken breast 5.95

add king prawns 8.95

SIDES

Fries or Real Chips 4.95

Onion Rings 4.95

Cajun Fries 5.95

Mini Caesar Salad or Mini Greek Salad 5.95

Buttered Seasonal Greens 5.95

Truffle & Parmesan Fries 6.95

Bacon & Cheese Fries 6.95

Mini Mac and Cheese 7.95