



Gluten Free Menu

Available 12 to 2.30pm and 5.30 to 8.30pm Monday to Friday
12 to 8.30pm on Saturday and 12 to 4pm on Sunday

Please advise staff that gluten free option required when ordering

SHARING STARTERS

- Grilled Gluten Free Roll with Smoked Paprika Butter,** £8.50
*Olive Oil & Balsamic Vinegar and a bowl of Mixed Marinated Olives **vg***
- Share Size Camembert** drizzled with Truffle Oil and served with GF roll and red onion chutney £13.00

STARTERS

- Homemade Soup of the Day **v**** £6.00
served with GF roll
- Creamy White Wine, Parsley and Garlic Forest Mushrooms **v vg***** £8.50
served on Grilled GF roll
- Smoked Scottish Salmon and King Prawn Cocktail** £10.00
with Marie Rose sauce and GF roll

MAINS

- Mill Salad **vg**** – Cous Cous, Wild Rocket, Sundried Tomatoes, Chickpeas, £11.00
gf Thyme Roasted Sweet Potato, Mixed Peppers, Courgette and Aubergine
- House Salad **vg**** – Mixed Leaves, Wild Rocket, Cherry Tomatoes, Water Melon, Cucumber, Carrot & Broccoli £12.00
Add Grilled Chicken, King Prawns or Halloumi to either Salad £3.00
- # Lamb Shank Shepherd's Pie** £15.00
succulent Shank of Lamb Pieces in a rich red wine & rosemary gravy, diced carrots, celeriac and peas topped with creamy mash potato and served with a fresh vegetable medley
- Ham, Egg & Chips** £14.00
thick cut home cooked smoked ham, 2 fried eggs, chunky chips and peas
- Chickpea and Mixed Bean Smokie Chilli **vg**** £13.00
served with steamed rice and side salad
- # Hand Battered Boneless and Skinless Cod Fillet** £15.00
served with chunky chips, crushed minted peas and homemade tartare sauce
- # Thai Green Curry **vg**** £14.00
cauliflower, sugarsnap peas, fine beans and chickpeas, served with rice noodles and a fresh chilli & spring onion garnish
- add** Chicken Breast or King Prawns £3.00
- Mill Burger** – 8oz Beef Pattie
served in GF roll with gem lettuce, tomato & gherkins, with onion rings, skinny fries and coleslaw £13.00
- add** Monterey Jack Cheese £1.00
Monterey Jack Cheese and Streaky Bacon £2.00
Mozzarella and Chorizo £2.00
Fried Egg and Smoked Bacon £2.00
- Garden Burger **v**** £13.00
served with vegan cheese in vegan GF roll, with vegan mayonnaise, coleslaw and skinny fries

SMALLER APPETITE MEALS

Smoked Ham, Egg, <i>Skinny Fries and Peas</i>	£9.00
Grilled Chicken Breast, <i>Creamy Mash, Gravy and Vegetables</i>	£9.00
# 2 Egg Forest Mushroom Omelette, <i>Skinny Fries or Salad</i> v	£8.50
Small House Salad <i>topped with grilled chicken breast</i>	£7.50

SIDES

Skinny Fries/Chunky Chips	£3.00	Dirty Fries : <i>Melted Cheese, Bacon Bits</i>	£5.00
Cheesy Fries / Chips	£4.00	<i>& Crispy Onions</i>	
Garlic GF roll	£3.00	Truffle Oil and Parmesan Fries	£5.00
Cheesy Garlic GF roll	£4.00	Vegetable Medley	£4.00
GF roll & Butter	£2.50	Mixed Leaves Salad	£4.00

**PLEASE SEE BLACKBOARDS FOR FRESH FISH DISHES
& OTHER SPECIALS ALONG WITH OUR DESSERT SELECTION**

ROASTS – SUNDAYS ONLY

*A selection of at least 3 Meats will be available (until they are gone)
all served with roast potatoes, seasonal vegetables, and gravy*

Standard Roast (1 Meat)	£14.00
Standard Roast (2 Meats)	£15.00
Large Roast (Larger Portion and Up To 3 Meats)	£17.00
Vegetable Nut Roast vg	£13.00
Small Roast (1 Meat)	£10.00
Children's Roast (1 Meat)	£8.00

Gluten Free Beers

Crop Circle (Ale) 4.2% ABV	£4.80
Crabbies Alcoholic Ginger Beer 4.0% ABV	£5.00

Not available on Sundays

gf – gluten free gf* - gluten free option available v – vegetarian vg – vegan vg* – vegan option available

If you require information regarding the presence of allergens in any of our food or drink please ask. Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients.
Items on this menu may contain nuts.