

Cove Bay Hotel Gluten Intolerance Menu

Starters

Soup of the Day £4.25 (please confirm with server)

Bread (made with gluten free ingredients)

Chef's Cullen Skink £5.95

Bread (made with gluten free ingredients)

Crispy Lamb £6.75

Feta and Pomegranate Salad – Mint & Yoghurt Dressing

Smoked Mackerel Paté £6.95

Pickled Beetroot Salad & Toast (made with gluten free ingredients)

Main Course

Cajun Chilli Bowl £12.95

Beef Chilli with Cajun Spices, Smoked Paprika, Cocoa, Chipotle Chillies & black Eyed Beans - Baked over Basmati Rice topped with Melted Cheese, Sour Cream and Nachos

(V) – Vegetarian Option Now Available

(V) Chefs Curry (See Specials Board) (please confirm with server)

Make it Half Chips & Half Rice for £1.25 Extra

Chicken wrapped in Parma Ham £14.95

Chicken Breast wrapped in Parma Ham, Potatoes, Pumpkin & Cumin Puree with Crispy Kale

En Papillote of Sea Trout £16.95

Fillet of Sea Trout Steamed in White Wine, Dill & Lemon with Garlic & Herb Potatoes and Seasonal Vegetables

Ox Cheeks £15.95

Slow Braised Ox Cheeks, Horseradish Mash, Steamed Seasonal Vegetables – Red Wine Jus

Sirloin Steak £23.95

Served with Cherry Vine Tomato, Portobello Mushroom and Hand Cut Triple Cooked Chips

Add a Sauce to Your Steak

Pepper Sauce £1.95 / Blue Cheese Sauce £2.50 / Garlic Butter £1.50 / Diane Sauce £1.95

Salad Bowls

Seasonal Leaves and Shoots, Cherry Vine Tomatoes, Red Onion, Cucumber, Puy Lentils & Sauté Potatoes

Choose a Dressing - Pesto / Honey Mustard / Lemon Dressing

(V) House Salad £11.95

(V) Grilled Halloumi £13.95

Roast Chicken Breast £13.95

Hot Smoked Salmon Salad £13.95

Baked Potatoes

(available Monday to Friday lunch time only)

Served with Dressed Salad & Coleslaw

Cajun Chilli and Cheese £6.95

(V) Cheese & Beans £6.45

Tuna Mayonnaise & Red Onion or Cheddar Cheese £7.50

There may be more options not listed here. Please speak to your server.

These dishes are made from gluten free ingredients, but we cannot guarantee they are 100% gluten free.

(V) – Suitable for Vegetarians. We Cannot guarantee all our dishes are nut free

Allergen Data Sheet Available on Request

Our food is cooked to order, please allow up to 30 minutes – it's worth the wait!