



THE BEAR'S PAW

## Gluten Free Menu

### Starters

**Marinated mixed Aegean olives (v) £3.95**

**Soup of the day, gluten free bread £5.95**

**Smoked bacon wrapped Ardennes pâté, golden raisin, apple and fig chutney and gluten free toast £7.25**

**Tiger prawn pil pil, basil, cherry tomatoes, garlic and chilli £7.25**

**Sautéed wild mushrooms, in a creamy white wine, garlic and Blacksticks blue cheese sauce, on gluten free toast with a soft poached egg (v) £6.95**

**Fresh Scottish mussels, cooked in a creamy garlic and white wine sauce £9.95**

*Sandwiches* served on gluten free bread or bun (available Mon-Sat, 12pm - 6pm)

**BBQ pulled pork, and baby gem lettuce £7.95**

**Chargrilled tandoori chicken, harissa mayonnaise, cucumber and cos lettuce £7.50**

**Open sandwich of crayfish and prawn, Marie rose sauce £7.25**

**Tuna melt, toasted bread topped with tuna mayonnaise and melted cheddar cheese £7.25**

**Chargrilled 4oz ribeye of Ridings Reserve beef, Dijon mustard and rocket £8.95**

### Mains

**8oz fillet of beef 'steak stone' (cooked to your liking as you are the chef!) served with jenga chips, house salad, Béarnaise and peppercorn dipping sauces £27.50**

**Roasted cod loin, Anya potatoes, spinach and mussels, white wine and chervil butter sauce £16.95**

**Slow cooked rib of beef, pancetta, button mushrooms and red wine jus, dauphinoise potato and glazed parsnips £17.25**

**Pan fried sea bream fillet, sage and potato rosti, butternut squash purée, samphire, chorizo, roasted squash and confit tomato salsa £16.75**

**Honey roasted duck breast, savoy cabbage, creamed potato, beetroot two ways, pickled blackberries and port jus £17.95**

**Roasted breast of pheasant, creamed potato, celeriac two ways, choux farci of smoked leg, bacon and chestnut, savoy cabbage and port jus £17.95**

**Bear's Paw Thai red curry with basmati rice -**

Choose from; Chicken £13.95 Duck breast £15.75 King prawn £15.25 Vegetable £11.95

**Grilled North Sea haddock, chunky chips, mushy peas and tartare sauce £7.95 / £13.95**

**Bear's Paw steak burger, iceberg lettuce, house sauce and hand cut chips £11.95 Add a topping for £1.95**



THE BEAR'S PAW

## Gluten Free Menu continued...

### FROM THE GRILL

10oz ribeye of beef **£23.95**

8oz fillet of beef **£27.50**

10oz gammon with fried egg **£13.95**

The Bear's Paw mixed grill; pork and herb sausage, lamb chop, gammon and rib-eye steak **£21.95**

*Above all served with scorched beef tomato, flat cap mushroom and chunky chips (see sides for sauces)*

### Salads

**Classic Caesar salad**, crispy bacon, parmesan and anchovies **£9.95**

- with chargrilled chicken breast or grilled salmon **£12.95**

**Warm goat's cheese salad**, olives, blushed tomatoes, pine nuts and basil and a citrus dressing (v) **£14.95**

### Sides all £3.50

Chunky chips

Mixed leaf salad

Seasonal vegetables

Skin on fries

Rocket and cherry tomato salad

### Desserts all £6.50

**Mulled winter berry pavlova**, meringue topped with mixed fruits, Chantilly cream and raspberry coulis

**Bear's Paw sundae**, salted caramel, Chantilly cream, chocolate sauce and honeycomb ice cream

**Affogato**, vanilla ice cream, espresso shot and Disaronno amaretto liqueur

### The Bear's Paw Cheeseboard

A selection of delicious cheeses, served with gluten free bread, biscuits and traditional accompaniments **£8.95**

**Black Cow Cheddar**, made from the milk of grass grazed cows. Intense, rich and crumbly.

**Lancashire Belle Cheese**, matured over 2 years creating a creamy, full flavoured taste and texture.

**Ravens Oak**, a soft and creamy goat's cheese. Similar in consistency to brie.

**Burt's Blue**, handmade in Cheshire, a soft blue cheese with a deceptively rich taste.

*Please note that some dishes may contain traces of nuts. Please enquire with your server regarding any dietary requirements.*