

# Nelson's Bar

## Gluten Free Menu

### Nibbles

<b>Marinated Aegean Olives</b>	£3.75
<b>Avocado hummus with coriander and lemon, crudité's</b>	£4.75

### Starters

<b>Chef's soup of the day</b> – served with gluten free bread	£5.95
<b>Baked Mexican nachos</b> – glazed with mozzarella, tomato salsa, guacamole and sour cream dip.	£7.95
<b>Creamed truffle mushrooms</b> – served with chopped herbs, gluten free bread and rocket salad	dressed £6.50
<b>Muncaster crab, smoked salmon and prawn cocktail</b> – spiked Marie rose, pickled cucumber and blush tomato, gluten free bread	£7.95
<b>Chicken liver pate, with house chutney and gluten free bread</b>	£7.50
<b>Crispy Chicken Wings</b> – salt&pepper, piri piri or chipotle bbq	£6.95
<b>Sticky BBQ or salt&amp;pepper ribs</b>	£7.50

### Sandwiches and Lite Bites (served 12pm-6pm)

<b>Toasted smoked salmon bagel</b> – baby gem lettuce, cream cheese and chive and lemon	£7.95
<b>Bookmaker, flash fried minute steak</b> - caramelised onions, toasted gluten free bread and French mustard	£9.95
<b>Confit duck and hoi sin, cucumber and spring onion on gluten free bread</b>	£7.95
<b>Classic club sandwich</b> – chargrilled chicken, bacon, Cheshire ham, iceberg lettuce, tomato, black pepper and mayonnaise on toasted gluten free bread.	£8.95
<b>Tuna, spring onion and sweetcorn mayonnaise served on gluten free bread</b>	£7.25
<b>Croque Monsieur</b> , Gruyere cheese and roasted ham on gluten free bread	£7.25
<b>Traditional Eggs Benedict</b> with toasted gluten free bread, spinach and hollandaise	£6.50
<b>With roast ham</b> £7.25 <b>With smoked salmon</b> £7.95	

**Jacket Potatoes (served 12PM-6PM)**

All at £7.95

**Tuna and cheddar cheese**                      **Honey roast ham and cheddar cheese**  
**Baked beans and cheddar cheese**        **Goats Cheese, blush tomato and basil pesto**  
**Pulled chipotle pork and melted cheddar**

Served with dressed side salad

**Omelettes (served 12pm-6pm)**

All at £ 8.50

**Cheddar cheese**

**Honey roast ham and vine tomato**

**Smoked salmon and prawns**

**Roasted Mediterranean vegetables**

Served with Gluten free kettle crisps and dressed salad

**Platters and Sharing Boards**

**Fish** £13.50

Loch Duart smoked salmon, prawn Marie-rose, pickled herring with soused onions, smoked trout and tartare sauce, gluten free bread

**Ploughman's** £13.25

Butlers Blackstick Blue, Colliers Welsh cheddar, Pearl Wen Welsh Brie and Goats Cheese served alongside house chutney, honey glazed ham, apple, grapes and fig.

All platters are served with gluten free bread

## SALADS

**Classic Caesar salad** £10.50

served with anchovies, gem lettuce, parmesan and crispy bacon

With chargrilled chicken or Cajun marinated salmon £13.50

**Crispy sweet chilli beef**, Thai salad, coriander and lime, finished with a sweet chilli dressing  
£13.50

**Warm goats cheese salad**, olives, blushed tomatoes, pine nuts, basil and citrus dressing £11.95

**Salad of herbed quinoa** £10.95

Baby spinach, blush tomatoes, sunflower seeds, mung beans and basil pesto

### **Add:**

Chargrilled chicken £2.50            marinated feta £1.95

Chargrilled halloumi £1.95            hot Delamere goats cheese £1.95

## **Main Meals**

**Cajun chicken burger** mango salsa and skin on fries £12.50

**Chargrilled 10 oz 28 day aged Ridings Reserve ribeye or Sirloin of beef** £24.50

served with grilled tomato, flat cap mushroom, watercress and hand cut chips

**Nelson's chilli con carne**– basmati rice, jalepenos, sour cream and chive £13.25

**Rump of Welsh valley lamb** - creamed potatoes, seasonal vegetable panache and rosemary and red current sauce £15.95

**Marinated sesame and soy Scottish salmon, Bok choy, spring onions and water chestnuts with chilli and coriander** £14.95

**Nelson's mixed grilled** – lamb chop, gammon, ribeye steak and chunky chips £22.95

**Half a roast Gressingham duck** – stir fried vegetables, wild basmati rice, coriander, plum and chilli sauce £16.50

**Thai Red Curry**, jasmine rice and Thai crackers - **with chicken** £14.50 **with prawns** £15.50  
**with beef** £15.50 **with sweet potato and butternut squash** £12.95

**Side orders**

All at £3.95

**Garlic buttered spinach**                      **Chunky Chips**  
**Mixed Salad**                      **Fiery skinny fries**                      **Sweet Potato Fries**  
**Honey and thyme roasted root vegetables**

**\*Please note our fries are gluten free but are cooked in the same oil as products that contain gluten.**

**Desserts**

All at £6.95

**Lavender crème brulee**, rosewater jelly

**Eaton mess** – meringue, cream and mixed berries

**Nelson's Knickerbocker glory summer fruits** - crushed meringue, summer fruit compote, vanilla and strawberry ice cream, Chantilly cream

**Selection of Cheshire Farm ice creams or sorbet** £6.50

**3 Cheese selection** - Colliers Welsh cheddar, Pearl Wen and Blackstick Blue, served with celery, grapes, house chutney and gluten free bread £7.95