

# gluten free menu

## WELCOME TO THE CROWN & THISTLE ROCKCLIFFE

*We pride ourselves on using the very best locally sourced produce available & love to support other small local businesses from our butchers & fishmongers to microbreweries & greengrocers.*

*The map in our bar shows which local businesses we support - which is now over 25! Thank you for supporting our small family business so that we can support them.*

*Please ask for our Vegan/Vegetarian Menu or our Gluten Free Menu if required & please inform us of any allergies on arrival.*

# nibbles

*Enjoy whilst browsing the  
menu or waiting for your meal*

*Balsamic Onions  
Marinated Olives  
Garlic & Olive Oil Anchovies*

*£3.50 each*

## S T A R T E R S

### PAN FRIED KING PRAWNS

*In a Garlic, Chilli & Herb Butter. Served with Gluten Free Bread*  
*£8.95*

### WESTMORLAND RAMEKIN

*Button Mushrooms & Smoked Bacon cooked in Garlic, Brandy &  
Cream. Topped with Smoked Cheese & finished under the Grill*  
*£7.45*

### CULLEN SKINK

*A Traditional Smoked Haddock, Potato & Onion Chowder from the  
Northeast Coast of Scotland. Served Gluten Free Bread*  
*£7.25*

### SCOTTISH PHEASANT DUO

*Our homemade Pheasant & Apricot Terrine with our homemade  
Pheasant & Orange Pate served with Tomato & Cumin Chutney,  
Mini Cornichons & Gluten Free Toasts*  
*£6.95*

### BRUSCHETTA TRIO

*Duo of Sun-Blushed Tomato & Cherry Tomatoes with fresh Herbs,  
Roasted Mushroom & Blue Cheese & Sweet Roasted  
Red Pepper & Homemade Pesto all served on Gluten Free Toasts*  
*£6.95*

# *of main courses*

## LUXURY FISHERMAN'S PIE

*Salmon, Haddock & Smoked Cod with King Prawns & Peas cooked in a rich White Wine Sauce & topped with a Crab & Smoked Cheese Mashed Potato & baked in the Oven. With a side of Greens £16.95*

## OUR HOMEMADE CUMBRIAN BEEF BURGER

*Served in a Gluten Free Bun with Onion Marmalade, Garlic Mayo, Crisp Leaves & a choice of Blue or Cheddar Cheese with a side of Slaw, Onion Rings & Skinny Fries* £14.95

## PAN ROASTED WILD SCOTTISH MALLARD BREAST

*With Dauphinoise Potatoes, Sticky Red Cabbage, Roast Celeriac Puree & a Redcurrant, Red Wine & Rosemary Sauce £16.95*

## LEEK & POTATO RISOTTO

*With a Parmesan & Shallot Cream Sauce, Chargrilled Leek & a Leek Puree. Topped with Crispy Potatoes & a Parmesan Crisp £13.95*

## SLOWLY BRAISED CUMBRIAN BEEF FEATHERBLADE

*Served with a Classic French Bourguignon Sauce of Red Wine, Bacon, Baby Onion & Mushroom served on a Creamy Mashed Potato with Roast Carrot & Tenderstem Broccoli £15.95*

# Cumbrian steaks

All of our Steaks are sourced from Local Farms where the herds are free range & grass fed.

Our Butcher Steven Wilson of Corby Hill then Dry ages the meat & Hangs it for a minimum of 28 days to improve the Quality & Increase the Flavour. Served with Roasted Field Mushroom & Tomato with a choice of Homemade Chunky Chips, Skinny Fries, Dauphinoise Potatoes or Parmesan & Truffle Fries  
(£1.50 supplement for Dauphinoise or Truffle Fries)

## **12oz SIRLOIN**

A well-flavoured steak with a bigger, beefier flavour than fillet or rib-eye. Perfect for highly flavoured sauces  
£24.95

## **14oz 32 DAY AGED RIB-EYE**

Limited Availability - Please ask if we can accommodate. We order these well in advance with Steve to ensure the very best quality. Considered one of the most tastiest Steaks with a marbling of fat running through  
£28.95

## **8oz FILLET**

The signature cut the world over - The King of Steaks  
£31.95

## **12oz RUMP**

Fibrous & Full of Flavour  
£18.95

## **10 oz FLAT IRON**

From the shoulder of the Cow the Flat Iron is a nicely marbled Steak with lots of beefy flavour \*\*Served Medium Rare\*\*  
£17.95



## **CROWN & THISTLE SURF & TURE**



Top any of our Steaks with King Prawns & Chorizo cooked in a Garlic & Herb Butter  
£7.95

# sides

Homemade Bread  
Chunky Chips  
Skinny Fries  
Garden Salad  
Beer Battered Onion Rings  
Seasonal Vegetables  
£3.50

Potato Dauphinoise  
Truffle & Parmesan Fries  
£4.00

# steak sauces

Whisky & Mustard  
Peppercorn  
Diane  
Creamy Blue Cheese  
Tomato, Garlic, Rosemary & Butter Sauce  
Garlic & Herb Butter  
£3.00