



Welcome to The Long Bar and Restaurant

Gluten Free Menu

This is our Gluten Free menu. Please state your special dietary needs when ordering.

Food is served: Mon to Sun-Noon to 3 pm and 6 pm to 9 pm.

We will take your order at the table.

All prices include VAT at 5%.

Sharing Plates & Nibbles

Olives , our House Marinated Olives	£3.75
Hummus , Olives and Toast	£6.95

Starters

Soup of the Day served with Gluten Free Roll	£6.20
West Country Mussels , White Wine, Garlic and GF Toast	£8.50
Ham Terrine , Piccalilli and Crackling	£7.50
Goats' Cheese , Beetroot, Walnut and Crisps	£7.85
Pan Fried Scallops , Curried Cauliflower, Lime Curd	£9.00

Wellington Gourmet Burgers - served in a Gluten Free Roll with Iceberg Lettuce, Beef Tomato, Garlic Mayo and Chips

The Wellington , Cornish Minced Beef with Cornish Smoked Cheddar	£13.20
The Napoleon , Prosciutto Wrapped Chicken Breast, Rocket and Truffle	£13.20
The Waterloo , Oven Roasted Field Mushroom, Onion Jam, Goats Cheese and Rocket.	£12.75

Mains

Chicken , wok fried with Bok Choy, Red Onion, Potatoes, Sesame, Chilli, Coriander & Lime	£14.95
Fish and Chips , Battered Haddock, Lemon, Tartare Sauce, Chips and Peas	£13.50
Crab Linguini , Gluten Free Linguini Goats Cheese, Garlic, Chilli and Lemon	£17.50
Sweet Potato and Chickpea Curry , Side Salad	£12.75
Autumn Vegetable Risotto , Seasonal Vegetables and Parmesan	£13.95
West Country Mussels , Steamed with White Wine, Shallots, Garlic, Parsley, House Bread, Hand Cut Chips	£16.50
Roasted Hake , Lardons, Baby Onions, Mashed Potato, Beef Jus	£17.85
Cornish Sirloin Steak , Baked Field Mushroom, Rocket, Rosemary Butter and Sweet Potato Fries	£23.00

Salads & Ploughman's

Wellington Caesar Salad , Pan Fried Chicken and Bacon, Gem Lettuce, Anchovies and Dressing	£13.50
Grilled Halloumi Salad , with a House Dressing	£12.75
Our Ploughman's , Honey Roast Ham or Cornish Blue, Cheddar or Brie with Chutney, Pickles and Gluten Free Toast	£12.50

Sides

Chips	£4.00
Sweet Potato Fries	£4.25
Side Salad	£4.00
Seasonal Vegetables	£4.25

Desserts

Ice Cream , Three Scoops	£5.20
Sorbet a selection of our Homemade Sorbets	£5.20
Chocolate Plate – Brownie, Mousse, Fudge and Vanilla Ice Cream	£6.75

Cheese

Cheese Board with our selection of Local and International Cheeses, Melba Toast, Chutney	£9.50
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Service is not included. Our staff will receive 100% of all tips.
If you require any information on allergens, please ask a member of staff.