



# GLUTEN-AVOIDING

## Nibbles

- Halkidiki olives (v,vg) £5
- Crispy potato skins & garlic mayonnaise (v,vg) £4.5
- Spicy battered cauliflower fritters, indian-spiced yogurt (v,vg) £5
- Marinated white anchovies in oil £5

## Starters

- Soup of the day & homemade gluten-free bread £6
- Buttermilk-fried pheasant goujons, honey & mustard sauce £8
- King prawns 'pil-pil' with garlic & chilli olive oil, gluten-free bread £9
- Potted Salmon & Prawn, fresh pickled beetroot, toasted gluten-free bread £8.5

## Sharing

**Loaded potato skins** - Crispy potato skins, farmhouse cheddar, chive creme fraiche, streaky bacon bits & spring onions £12

**Seafood board** - king prawns "pil-pil", potted salmon & shrimp, classic prawn cocktail, gluten-free beer battered fish goujons, smoked salmon, gluten-free toasted bread, tartare sauce & garlic mayonnaise dips £20.5

Some dishes may be adapted to accommodate other allergy/dietary requirements. All allergens are present in our kitchen, and although we take substantial steps to ensure customer safety, we cannot 100% guarantee against traces.

## The Grill

All served with chunky chips, onion rings, grilled mushroom & plum tomato

Choice of peppercorn or blue cheese sauce, garlic butter or marrowbone butter

10oz Rump (High flavour, some marbling of fat) £22.5

10oz Sirloin (Rich fat, leaner meat than Ribeye) £26

8oz Fillet (Premium cut, emphasis on tenderness) £30

**Add King prawns 'pil-pil' with garlic & chilli olive oil £9**

## Classic Mains

Saffron & lemon risotto, roasted courgette (v, vg)

£16.5

Buttermilk-fried chicken fillet burger, lettuce & beef tomato, sriracha mayonnaise.

with skinny fries & seeded rainbow slaw

£17.5

Seared five-spiced duck breast, sticky asian Teppanyaki vegetable stir-fry, steamed rice

£21.5

8-10oz gluten-free lager-battered, North-Atlantic haddock fillet & chips, garden peas & chunky

tartare sauce £18.50

**Add chip-shop curry sauce £2**

**Add chip-shop curry sauce, bread & butter, pickled egg & pickled onion £5**

8oz bacon chop, cider & wholegrain mustard sauce, pineapple fritters, mushroom & tomato,

chunky chips

£17

“Fish of the day” - see our board for today’s seasonal offering

Market Price

## Sides

Rocket & parmesan salad (v) £3.5

Rainbow slaw & toasted seeds (v) £3.5

Chunky chips/skinny fries (v,vg) £4

Chinese-style salt & pepper fries (v,vg) £5

Daily vegetables (v,vg) £4.5

Onion Rings £3

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## Desserts

Chocolate brownie, vanilla ice cream £8

Crumble of the day & proper custard £8

Toasted coconut rice pudding, brulee top, hedgerow jam £8.5

Affogato, vanilla ice cream and double espresso (df/decaf available) £4.5  
(add a shot of liquor for £3)

Cheeseboard, gluten-free crackers & accompaniments - choose from 3 or 5 cheeses  
£12.5/£16.5 (please turn over)

### Bennett's Farmhouse ice cream

Strawberry  
Mint choc chip  
Honeycomb  
Morello cherry  
Honey & ginger

Double choc chip  
Salted Caramel  
Madagascar Vanilla  
Rum 'n' Raisin

**Sorbet:** mango, raspberry, lemon

£1.50 per scoop

All gluten free & vegetarian

Sorbets gluten free & vegan

### Dessert Wine & Port

	50ml	125ml	Bottle
ROC ruby port	£4.5	£9.5	£30
Taylor's first estate ruby port	£5	£10	£40
Les Garonnelles Sauternes	£4.9	£9	£25

(375ml)

### Homemade Gin Liqueur

	50ml
Rapsberry gin liqueur	£5
Rhubarb & Ginger gin liqueur	£5
Elderflower gin liqueur	£5
Sloe Gin liqueur	£5

### Brandy & Whiskey

	25ml	50ml
Courvoisier VS	£5	£7.5
Hennessy VS	£7	£9.5
Remy Martin Cognac Fine Champayne	£8	£12

### Traditional Liqueurs

	25ml	50ml
Thunder toffee vodka	£4	£6
Frangelico	£4	£6
Kahlua	£4	£6
Cointreau	£4	£5.5
Tia Maria	£4	£5.5
Disaronno Amaretto	£4.5	£6
Limoncello	£4	£6
Baileys	£4	£6
Drambuie	£5	£7.5
Stones Ginger Wine		£4



## British & Continental Cheeses

Served with homemade chutney, fruit cake & grapes, celery and biscuits. Suitable for vegetarians  
Our cheeseboards are generous and perfect for sharing

### Normandy Brie (France)

Emanating notes of rich, fresh cream topped with tones of earthy, button mushrooms, Normandie Brie's thick, fluffy rind provides a pleasant bite.

### Moyden's Wrekin blue

The Funky One – The rustic natural rind encompasses the unctuous cheese inside. Mottled with blue streaks and pockets, the smoky blue piquancy has a mineral like full flavour.

### Moyden's Wrekin white

Matured for a minimum of 3 months, usually longer to ensure its taste develops with age. This cheese is smooth and creamy and dotted with eyelets. It has a nutty flavour yet fruity aroma

### Moyden's smoked Newport 1665

This cheese is smooth and buttery but tastes light, mellow and sweet. What makes this cheese just so special is that the whole wheel is cold smoked over oak chips at Morgan's Country Butchers and Smokey. The result is a cheese with a lightly oak smoked flavour that lifts it.

### Taw Valley Extra Mature Cheddar

From the Taw Valley creamery, impressively full-flavoured. Matured for a minimum for 18 months

### Shropshire Blue

Firm blue cheese that has a deep orange- brown rind, sharp strong flavour and a slightly spicy aroma. It is slightly sourer, but sharper, than Stilton and generally creamier. A hint of nutty caramel sweetness behind the spicy blue tang.

3 Cheeses £12.5 --- 5 Cheeses £16.5

# GLUTEN-AVOIDING LUNCH SPECIALS

THE  
DICKIN ARMS



FREEHOUSE

All smaller plates, perfect for lunch

SERVED LUNCHTIMES TUESDAY-FRIDAY 12PM-2PM

**1 COURSE £12/2 COURSE £15**

## Mains

- **5oz rump steak & chips, grilled mushroom & plum tomato**  
add peppercorn or blue cheese sauce for £2.50
- **Honey-roasted, hand-carved gammon, fried free range egg & chunky chips**
- **Chargrilled butterfly chicken, chilli & ginger marinade, sticky asian teppanyaki stir-fry, steamed rice**
- **Mini lager-battered haddock & chips, garden peas & chunky tartare sauce**
- **Saffron & lemon risotto, roasted courgette (v, vg)**
- **Sandwiches (served on a gluten free roll, with side salad & skinny fries)**

**Hand-carved gammon, cheddar cheese & chutney**  
**Smashed avocado & roasted veg**  
**Smoked salmon & cream cheese**

**Add a cup of our “soup of the day” for £2**

## Something sweet

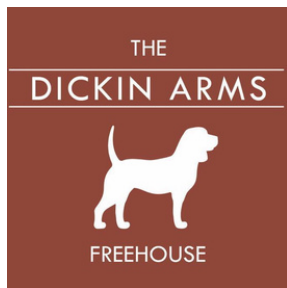
- Crumble of the day & proper custard
- Toasted Coconut rice pudding, hedgerow jam
- Chocolate Brownie, Vanilla Ice Cream
- Affogato, vanilla ice cream and double espresso (decaf available)
- Selection of ice creams & sorbets (up to 2 scoops)
- Freshly ground coffee & flapjack

Strawberry  
Mint choc chip  
Honeycomb  
Salted Caramel

Morello cherry  
Honey & ginger  
Double Choc Chip  
Banoffee

Madagascan Vanilla  
Rum ‘n’ Raisin  
**Sorbet:** mango, raspberry,  
lemon

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# GLUTEN-AVOIDING

## SUNDAY LUNCH

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- Marinated white anchovies in oil £5

### Starters

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- King prawns 'pil-pil' with garlic & chilli olive oil, gluten-free bread £9

### Sharing

- Loaded potato skins** - Crispy potato skins, farmhouse cheddar, chive sour cream, streaky bacon bits & spring onions £12
- Seafood board** - king prawns "pil-pil", classic prawn cocktail, gluten-free beer battered fish goujons, smoked salmon, gluten-free toasted bread, tartare sauce & garlic mayonnaise dips £20.5

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## Roasts

Roast Pork, white wine gravy  
£15.5 small/ £17.5 regular

Topside of rare British Beef, red wine gravy  
£16.5 small/ £18.5 regular

Roast leg of Welsh Lamb & red wine gravy  
£17.5 small/ £20 regular

'Mix it up' with Beef and Pork £15.5 small/£18.5 regular

All above served with roast potatoes & seasonal vegetables

All available gluten or dairy free

## Main Courses

Saffron & lemon risotto, roasted courgette (v, vg)  
£16.5

8-10oz lager-battered, North-Atlantic haddock fillet & chips, garden peas & chunky  
tartare sauce  
£18.5

## Sides

Cauliflower cheese (gf) £6.0  
Braised & grilled hispi cabbage wedge, rocket pesto £6  
Rocket & parmesan salad £3.5  
Rainbow slaw & toasted seeds (v) £3.5  
Chunky Chips/Skinny Fries £4.  
Chinese-style salt & pepper fries (v,vg) £5

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