

Adelphi Special Coeliac Menu

Fresh Soup of the Day

Chef's homemade soup of the day served with ciabatta roll

Prawn Cocktail

Succulent Atlantic Prawns served on a bed of seasonal salad smothered with Marie Rose sauce with ciabatta bread

Garlic Mushrooms

Garlic ciabatta topped with garlic mushrooms

Chicken Bites

Tender pieces of chicken breast coated in our own mix of Gluten free Flour combined with herbs and spices.



Garlic Chicken

Fillet of chicken served with garlic sauce and topped with Tobacco Onions

8oz Sirloin Steak (£2.50 supplement)

Locally produced Sirloin steak cooked to your preference served with sauté onions and mushrooms with a choice of Garlic sauce or Pepper sauce

Gammon and Pineapple

Locally sourced gammon topped with a slice of pineapple

Chilli Chicken Melt

Tender fillet of chicken smothered in melted cheese and drizzled with a Sweet chilli sauce

Cod

Freshly battered Atlantic cod served with tartare sauce and fresh lemon

All mains served with a choice of Chips, Garlic Dice, Champ, Chunky Veg or Mixed Salad



Please choose from our Dessert menu

Two Courses: Only £11.95

Three Courses: Only £14.95

Served Daily 5-9pm