















# ADELPHI BISTRO




















## Coeliac Friendly Menu



### STARTERS

<b>Homemade Soup of the Day</b>	  	£5.00
With gluten free wheaten bread (please ask server about allergens)		
<b>Prawn Cocktail Salad</b>	   	£6.50
Atlantic prawns tossed with Marie Rose sauce, served with homemade wheaten bread, lemon wedge and mixed salad		
<b>Garlic Mushrooms</b>	   	£4.50
Gluten free garlic bread ciabatta topped with sautéed mushrooms in garlic butter and finished with balsamic glaze		
<b>Grilled Pear &amp; Goat's Cheese Salad</b>	  	£6.50
Chefs marinated goats' cheese, sun blushed tomatoes and griddled conference pear with balsamic and dressed mixed leaves		
<b>Smoked Mackerel</b>	   	£7.00
Crispy leaves, tangy potato & horseradish salad		
<b>Chicken Caesar Salad</b>	   	£6.50
Baby gem, parmesan, crispy bacon, garlic croutes		

### THE MAINS (with choice of side)

<b>Chicken Tenders</b>	  	£12.00
Tender pieces of chicken breast coated in our own special flour mix, combined with herbs and spices. Served with a dressed side salad and choice of dipping sauce: sweet chilli / mayo / garlic mayo / BBQ		
<b>Grilled Chicken</b>	 	£12.00
Fillet of chicken served with a choice of gravy, garlic or pepper sauce, topped with crispy tobacco onions		
<b>Chicken &amp; Bacon BBQ Melt</b>	  	£12.00
Grilled chicken & prime back bacon baked with bbq sauce & cheese, served with dressed leaves		
<b>8oz Sirloin Steak</b>	 	£16.00
Local sirloin cooked to your preference served grilled tomato, tobacco onions, & sauce of choice		
<b>6oz Steak Burger</b>	   	£11.00
Succulent butchers steak burger topped with bacon, melted cheese & relish, in a toasted gluten free bun		
<b>Honey Chilli Beef Pitta</b>	 	£14.00
Tender beef strips of sirloin steak in a honey chilli sauce, served in a gluten free pitta with sour cream		
<b>Chicken Mozzarella</b>	  	£12.00
Pan fried chicken, roasted Mediterranean veg, mozzarella, dijon mustard & pepper sauce		



Contains Dairy



Contains Egg



Contains Fish



Contains Shell Fish



Contains Soya



Contains Tree Nuts



Contains Wheat



Contains Mustard



Contains Celery



Contains Sulphites




Contains Sesame Seeds

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## THE MAINS (with choice of side)

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Beer Battered Cod  £14.00  
Prime fillet of Atlantic cod fried in our signature light crisp batter, served with mushy peas and a wedge of lemon

**The above mains include your choice of side, choose from:**

Chunky Chips / Skinny Fries / Mash / Champ / Garlic Dice / Chilli Dice / Mixed Veg / Mixed Salad / Tobacco Onions

**Extra Side orders £3.50**

**Homemade sauces include:** Pepper Cream / Garlic / Gravy

**Extra Sauce Portions £2.00**

**Extra Dips:** Mayonnaise / Garlic Mayonnaise / Sweet Chilli Sauce / BBQ


**Extra Dip Portions £0.50**

PLEASE TELL YOUR SERVER IF YOU HAVE ANY ALLERGENS.

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## COMPLETE MEALS


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Chicken Curry  £12.00  
Chunks of chicken fillet in the chef's medium curry sauce, served with basmati rice or half and half (£1.00 extra)

Vegetable Curry £11.00  
Stir fried vegetables in the chef's own medium curry sauce, served with basmati rice or half and half (£1.00 extra)

Mediterranean Vegetable Pasta  £11.00  
Chunky sautéed vegetables tossed with penne pasta in a tomato and roast pepper sauce, served with parmesan and garlic bread

Bangers and Mash  £10.00  
Pork & Leek Sausages served with champ & caramelized onion gravy

Pan Fried Salmon  £15.00  
Marinated in soy & ginger, chilli & lime rice and green vegetables

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## DESSERTS

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Please ask server to see our daily dessert menu

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## DAILY SPECIALS

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Please ask server for our daily specials



Contains Dairy



Contains Egg



Contains Fish



Contains Shell Fish



Contains Soya



Contains Tree Nuts



Contains Wheat



Contains Mustard



Contains Celery



Contains Sulphites



Sesame Seeds