

**ARUN VIEW INN**

**GLUTEN FREE MENU**

**FOR THE TABLE**

Garlic and Basil Olives £4.00

**STARTERS**

Atlantic Prawn Cocktail with Bloody Mary sauce £7.25

Box Baked Mini Camembert with fruit chutney and rustic bread £9.50

Soup of the Day with rustic bread 6.25

Creamy Garlic Mushrooms with gluten free bread £6.95

**LIGHT BITES**

**Ploughman's Platter**

Mature English Cheddar, Stilton, Honey Roast Ham,  
Gluten Free Bread, Apple and Fruit Chutney £9.95/£16.00

**Sandwiches**

served on gluten free bread with salted crisps  
and dressed leaves

Prawn and Bloody Mary sauce £7.95

Mature English Cheddar with red onion marmalade £6.50

Honey Roast Ham £6.50

**Jacket Potatoes**

served buttered with a mixed salad and coleslaw

Prawn and Bloody Mary sauce £9.95

Mature English Cheddar £8.95

(add baked beans £1.00)

## GRILLS

8oz Sirloin Steak £22.50  
served with new potatoes and grilled flat mushroom and tomato  
and your choice of garlic butter or peppercorn and brandy sauce

## MAINS

Roast of the Day from £14.95 (when available)

Fillet of Cod grilled in lemon butter  
served with new potatoes, garden peas and tartar sauce £14.95

Fresh Catch of the Day £market price

Honey Roast Ham, Eggs and jacket potato £11.95

Beef Bourguignon  
served with mash potato and cabbage £16.95

Chicken Breast with Chorizo on a bed of Gnocchi  
served with sunblush tomato & spinach with creamy pesto sauce £16.95

Leek, Spinach and Bean Nut Roast with a tomato and red pepper sauce  
served with roasted new potatoes and seasonal vegetables £13.95

Spinach, Sun-blushed tomato, red onion and pepper Gnocchi

Please also check for other suitable dishes from our main menu

## DESSERTS

Chocolate Brownie  
with chocolate sauce and vanilla ice cream

Sticky Toffee Pudding  
with butterscotch sauce and vanilla ice cream

All of the above priced at £7.25each

Mixed English Cheese and Biscuits  
with grapes and fruit chutney £8.50

Selection of Movenpick Ice Creams from £2.75

# DAIRY FREE MENU

## ARUN VIEW INN

### FOR THE TABLE

Garlic and Basil Olives £5.00

Artisan Platter

Rustic Bread, Olives, hummus, Oil & Vinegar £8.25

### STARTERS

Atlantic Prawn Cocktail with Bloody Mary sauce 7.25

Garlic Bread £3.50

Soup of the Day with rustic bread £6.25

### LIGHT BITES

#### **Sandwiches**

served on your choice of white or granary bread  
with salted crisps and dressed leaves

Prawn and Bloody Mary sauce £7.95

Honey Roast Ham with Wholegrain Mustard £6.50

#### **Jacket Potatoes**

served buttered with a mixed salad and coleslaw

Prawn and Bloody Mary sauce £9.95

Vegan Cheese £8.95

(add baked beans £1.00)

### GRILLS

8oz Sirloin Steak £22.50  
served with new potatoes and grilled flat mushroom and tomato

### MAINS

Roast of the day if Available from £14.95

Fillet of Cod grilled  
served with new potatoes, garden peas and tartar sauce £14.95

Fresh Catch of the Day £Market Price

Honey Roast Ham, Eggs and Jacket Potato £11.95

Butternut Squash and Sage Ravioli  
with tomato and basil sauce £11.95

Spinach, Sun-blushed tomato, red onion and pepper Gnocchi  
Leek, Spinach and Bean Nut Roast with a tomato and red pepper sauce  
served with roasted new potatoes and seasonal vegetables £13.95

Please also check for suitable dishes from our main menu

### DESSERTS

Blackberry and Apple Sponge  
with vegan ice cream

Chocolate Brownie  
With chocolate sauce and vanilla ice cream

Both of the above £7.25 each

Selection of Vegan Ice Cream  
Vanilla, Chocolate, Strawberry from £2.70

## **VEGAN MENU**

### **ARUN VIEW INN**

#### **STARTERS**

Garlic and Basil Olives £5.00

Artisan Platter  
Rustic Bread, Olives, hummus, Oil & Vinegar £8.25

Garlic Bread £3.50

Soup of the Day with rustic bread £6.25

#### **MAINS**

Vegan Cheese Jacket Potato £8.95  
add baked beans for £1.00  
served with a mixed salad

Pea & Shallot Ravioli  
with tomato and basil sauce £11.95

Spinach, Sun-blushed tomato, red onion and pepper Gnocchi with pesto  
£12.95

Leek, Spinach and Bean Nut Roast with a tomato and red pepper sauce  
served with roasted new potatoes and seasonal vegetables £13.95

#### **DESSERTS**

Blackberry and Apple Sponge  
with vegan ice cream

Chocolate Brownie  
With chocolate sauce and vanilla ice cream

Both of the above £7.25 each

Selection of Vegan Ice Cream  
Vanilla, Chocolate, Strawberry from £2.70