

# The Arun View Inn

## GLUTEN FREE MENU

Garlic & Basil Olives £4.00

Feta Stuffed Peppers £3.75

### Starters

Freshly Hand Picked Selsey Crab Cocktail with Bloody Mary sauce £8.95

Atlantic Prawn Cocktail with Bloody Mary sauce £5.95

Duck, Chicken and Sour Cherry Terrine with gluten free bread £5.95

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### Light Bites

Sandwiches served on gluten free bread  
with dressed leaves and salted crisps

Freshly Hand Picked Selsey Crab £9.25

Atlantic Prawns with bloody Mary sauce £6.50

Home-cooked Ham with wholegrain mustard £6.50

Mature English Cheddar with red onion marmalade £6.50

Brie and Cranberry £6.50

### Ploughman's Platter

Cheddar, Stilton, Home-cooked Ham, apple, chutney and gluten free bread £8.95/£15.00

### Jacket Potatoes

Served buttered with salad garnish

Atlantic Prawns with bloody Mary sauce £8.95

Mature English Cheddar £8.95

(add baked beans for £1.00)

## Grills

**28 day aged 8 oz Sirloin Steak £21.50**  
served with buttered new potatoes, grilled flat mushroom and vine tomatoes  
and a choice of garlic butter or peppercorn and brandy sauce

## Mains & Classics

**Local Dressed Crab Salad**  
served with new potatoes £17.95

**Fillet of cod grilled in lemon butter**  
served with buttered new potatoes, garden peas and tartar sauce £12.25

**Skate Wing £17.95**  
grilled in lemon butter served with a choice of  
buttered new potatoes and garden peas or salad

**Seabass Fillet with a white wine and herb sauce**  
served with sauté new potatoes and tenderstem broccoli £14.95

**Chicken and Mango Salad**  
With asparagus, avocado, dressed leaves and cherry tomatoes £13.95

**Chilli Con Carne**  
served with rice, sour cream and tortilla chips £10.95

**Roast Rump of Beef £12.95**  
**Roast Turkey Breast £12.75**  
Both of the above served with gluten free gravy, roast potatoes and seasonal vegetables

**Summer Garden Vegetable Risotto £10.95**

**Potato Gnocchi**  
with sun blushed tomato, red onion, spinach and mozzarella £10.95

**House Salad**  
Asparagus, avocado, dressed leaves, carrot, cucumber, cherry tomatoes and croutons £9.95

## Desserts

**Sticky Toffee Pudding** with butterscotch sauce and vanilla ice cream £6.25

**Double Chocolate Brownie** with chocolate sauce and vanilla ice cream £6.25

**English Cheese and Biscuits** with fruit chutney £6.95

**Selection of Movenpick Ice Cream** from £2.25

Please note gluten, nuts and other allergens are present in our kitchen  
if you have any dietary requirements please ask a team member

# The Arun View Inn

## DAIRY FREE MENU

### Starters

Garlic & Basil Olives £4.00

#### Artisan Platter

Selection of Rustic breads, olives, hummus, oil & balsamic £7.50

Freshly Hand Picked Selsey Crab Cocktail  
with Bloody Mary sauce £8.95

Atlantic Prawn Cocktail with Bloody Mary sauce £5.95

### Light Bites

Sandwiches served on your choice of white or granary farmhouse bread  
with dressed leaves and salted crisps or add chips for £1.00

Freshly Hand Picked Selsey Crab £9.25  
Atlantic Prawns with bloody Mary sauce £6.50  
Honey Roast Ham with wholegrain mustard £6.50

#### Jacket Potatoes

Served with salad garnish

Atlantic Prawns with bloody Mary sauce £8.95

Vegan Cheese £8.95  
(Add Baked Beans £1.00)

## Grills

**28 day aged 8 oz Sirloin Steak £22.00**  
served with new potatoes,  
grilled flat mushroom and vine tomatoes

## Mains & Classics

**Local Dressed Crab Salad**  
served with new potatoes £17.95

**Skate Wing £17.95**  
Served grilled served with a choice of  
new potatoes and garden peas or salad

**Chicken and Mango Salad**  
With asparagus, avocado, dressed leaves, cherry tomatoes and croutons £13.95

**Chilli Con Carne**  
served with rice and tortilla chips £10.95

**Roast Rump of Beef £12.75**  
**Roast Turkey Breast £12.75**  
Both of the above served with gravy, roast potatoes and seasonal vegetables

**Summer Garden Vegetable Risotto £10.95**

**Potato Gnocchi**  
with sun blushed tomato, red onion, spinach and vegan cheese £10.95

**House Salad**  
Asparagus, avocado, dressed leaves, cherry tomatoes, carrot, cucumber  
and croutons £10.95

## Desserts

**Chocolate Brownie with chocolate sauce and vanilla ice cream £6.25**

**Lemon and Blueberry Sponge with vanilla ice cream £6.25**

**Selection of Dairy Free Ice Cream from £2.25**

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# The Arun View Inn

## VEGAN MENU

Garlic & Basil Olives £4.00

### Artisan Platter

Selection of Rustic breads, olives, hummus, oil & balsamic £7.50

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### Mains

#### Jacket Potatoes

Vegan Cheese £8.95  
(add baked beans for £1.00)

Summer Garden Vegetable Risotto £10.95

#### Potato Gnocchi

with sun blushed tomato, red onion, spinach and vegan cheese £10.95

#### House Salad

Asparagus, avocado, mixed leaves, cherry tomatoes and croutons £9.95

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### Desserts

Chocolate Brownie with chocolate sauce and vanilla ice cream £6.25

Lemon and Blueberry Sponge with vanilla ice cream £6.25

Selection of Dairy Free Ice Cream from £2.25

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