



GLUTEN FREE

Entrees

Soup of the day – served with toasted bread £5.95

Deep fried haloumi –served with mango chutney garnish £6.25 (v)

Chicken Liver Pate- served with toasted bread and apple chutney £6.50

Seafood in white wine and garlic sauce- mussels, king prawns, squid served in a white wine sauce with toasted bread £7.85

Garlic gluten free bread (v) – £3.50 (add cheese for £1)

Salt & Pepper Calamari – served with garlic aioli £6.95

Tempura crab- served with lambs leaf, red cabbage and cumin slaw, red pepper and chilli sauce £7.65

Olives (v) - £3.05

All bread served with starters is gluten free.

Salads

Grilled chicken and pistachio -grilled chicken breast with pistachio and French dressing £13.50

King prawns and mango-freshly grilled king prawn with lime mayo and fresh mango £13.50

Greek –olives, feta, onion tomato salad tossed in olive oil £10.95

Main Courses

Freshly Beer Battered Haddock - served with homemade chunky chips, peas and tartar sauce £12.95

8oz Gammon Steak - served with homemade chunky chips and topped with an egg £12.95

Chicken Fajitas – served with red onion, peppers, soft tortilla wraps, salsa and guacamole, cheese and sour cream £13.25

Liver & Bacon – lambs liver & bacon served with mash potato, fresh vegetables & gravy £12.95

8oz Fillet Steak – served with homemade chunky chips, flat mushrooms & half a beef tomato £ 24.95

(Add surf & turf king prawns for £4)

16oz Chateaubriand (to share) - served with French fries, crunchy salad, mushrooms & peppercorn sauce £48.00

(Add surf & turf king prawns for £4per person)

Sword fish-served with mango roast potatoes and broccoli sprouting and chervil butter £14.50

Sea bass- pan fried sea bass served with sautéed potatoes, chorizo, broccoli sprouting orange and lime butter £16.00

Aubagine – stuffed with peppers, tomatoes, goat cheese, basil and tomato sauce, garnish (v) 12.95

8oz Rump of lamb- served with crushed new potatoes, spinach, vine tomatoes and a red wine jus £16.50

On the Side

Chunky Chips £3.00 **Cheesy Chips** £3.50 **Crunchy Salad** £1.75 **Mixed Vegetables** £3.00 **Peppercorn Sauce / Blue Cheese Sauce** £2.50

*All food is cooked to order so please be understanding if any dishes are unavailable.

*Please ask a member of staff for Gluten Free Options

*Please let us know if you have any special dietary requirements.

*Please note that some dishes may contain nuts or small fish bones.

We make every endeavour to list all ingredients for allergy problems, if you're unsure about anything please ask for more information before ordering.



Dessert

Chocolate brownie – served with hot chocolate sauce and cream £6.50

Sticky toffee pudding – serve with toffee sauce and ice cream £6.50

Strawberry Eton Mess- £6.00

Vanilla panna cotta -served with strawberry sauce mixed summer berries £6.50

Cheeseboard – trio of cheeses of the day cheeses served with gluten crackers, apple, onion marmalade & celery £7.95

Ice Creams

Vanilla ask for today's guest sorbet

1 scoop £1.95

2 scoops £2.95

3 Scoops £3.95

Teas & Coffees

Cafe Latte, Americano, Cappuccino £2.85 | Espresso £2.10| English Breakfast Tea, Herbal Teas £1.60 Specialty Coffees £4.85

Gluten rolls (served until 5.30pm Monday – Saturday)

Goats Cheese & Red Onion Marmalade £6.95

Chicken & Bacon Caesar Salad £6.95

Smoked Salmon, Cream Cheese & Cucumber £6.95

Bacon & Brie £6.95

(Add a bowl of French fries for £3.00)

Thank you for visiting the Kings Arms, we hope you enjoy your dining experience and we hope to see you again in the near future.

We now offer local courtesy transport free of charge for all our dinners. Please enquiry at time of booking. Tel. contact 01622 755 177

General Manager: Jano Manga

Head Chef: Cameron Tripp

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