

ROCK & SOLE PLAICE ALLERGY MENU

STARTERS

Hummus & Pitta Bread



Calamari



Crispy Camembert



Prawn & Garlic Twist



Proper Battered King Prawns



Scampi



Starter Platter



FISH & CHIPS

Cod Loin



Haddock



Rock



Skate



Plaice



Lemon sole



Fish Fingers



Code Roe



Fish Cakes



PIES & SAVOURIES

Steak & Ale Pie



Chicken & Mushroom Pie



Chicken Nuggets



Korean Style Chicken



Saveloy



Battered Beef Sausage



Plain Beef Sausage



VEGETARIAN

Crispy Camembert



Cheese & Onion Pie



Spinach & Feta Pie



Oil



Batter



Gluten free batter

(NOT COOKED IN SEPARATE OIL)

Sides

Coleslaw



Pickled Onion



Gherkins



Pickled Egg



Bread Roll



Mushy Peas



Garden Peas

Baked Beans

Onion Rings



Sauces

Vinegar



Ketchup



Mayonnaise



HP



Gravy



Melted Cheese



Tarter



Curry



FOOD ALLERGEN ICONS



