



The Fishpool Inn

Gluten Free Menu

All allergens must be made known to your server when ordering, we respectfully remind guests that due to the nature of our busy kitchen, despite every precaution taken there is a small risk that traces may be found.

Starters

Marinated Aegean olives (v) £3.95

Soup of the day, served with gluten free bread £5.95

Tiger prawn pil pil, tiger prawns cooked in olive oil, garlic, chilli and fresh basil with gluten free bread £7.95

Wild mushroom, garlic and truffle gluten free bread, parsley oil and crumbled feta (v) £6.75

Warm goat's cheese, roasted red pepper and courgette terrine, sticky shallots, frisee salad and pickled golden raisins (v) £7.25

Muncaster crab and smoked salmon parcel, tempura langoustine, baby caper salsa, lemon dressing and frisee £7.95

Chicken liver and brandy parfait, house chutney and gluten free bread £6.95

Classic moules mariniere, white wine, garlic and parsley with gluten free bread £6.95

Salads

Caesar salad, crispy bacon, parmesan and anchovies £8.95 - with grilled salmon or chargrilled chicken breast £12.95

Crispy sweet chilli beef salad, carrots, celery, coriander, shallots and lime juice £13.25

Sweet potato, butternut squash, golden and red beetroots and spiced quinoa salad, with toasted chilli dressing and coriander crème fraîche (v) £9.95

Warm goat's cheese salad, olives, blushed tomatoes, pine nuts and basil and citrus dressing (v) £11.95

Smoked salmon, confit baby potatoes, seasonal greens and shoots and horseradish crème fraîche £11.95

Sandwiches – all served on gluten free bread. Available until 6pm Mon-Sat.

Crayfish and prawn open sandwich with Marie-rose sauce £7.25

Sticky beef and chinese salad, lime juice and coriander £7.95

Chicken caesar, gem lettuce, bacon lardons, parmesan and caesar dressing £7.50

New York deli, pastrami, salt beef, gherkin, English mustard mayonnaise and Emmental cheese £7.25

Honey roasted Cheshire ham, English mustard, red onion, heritage tomato and gem lettuce £6.95

Tuna, spring onion and cucumber mayonnaise £7.50

Smoked salmon, cucumber and crème fraîche £7.95

Peppered minute beef steak, caramelised Spanish onions and tarragon, mustard mayonnaise, rocket and parmesan £8.25

Cheshire turkey, cranberry and sage £6.95

All sandwiches served with dressed mixed leaves and Kettle Chips. Add a cup of soup or chips for £1.95.

FROM THE WOODSTONE OVEN

Margherita, tomato ragu, mozzarella and torn basil leaves (v) £10.95

Pepperoni, tomato ragu, mozzarella and pepperoni sausage £12.95

Diablo, hot spiced n'duja sausage, salami, roquito peppers, red onion, jalapeños and mascarpone £13.25

Meat feast, salami, pepperoni, bacon, spicy beef and ham £14.25

BBQ chicken, pancetta, red onion, mozzarella and bbq sauce £13.25

Classic open calzone, ham, spinach, mozzarella, tomato and mushroom £13.50

Pescatore, salmon, tuna, prawns, black olive and coriander £13.95

Vegetarian open calzone, tomato, mozzarella, onions, pepper, mushrooms and oregano (v) £12.25

Padana, goat's cheese, caramelised red onion, wild mushroom, pine nuts, baby spinach and mozzarella (v) £12.50

Mains

8 hour braised daube of beef, bourguignon garnish, horseradish creamed potato, glazed piccolo parsnips and Barolo sauce £17.95

Slow roasted shoulder of Welsh Valley lamb, gratin dauphinoise, honey & thyme roasted root vegetables, port wine and redcurrant sauce £16.95

Oven baked chicken breast, garlic and thyme potatoes, confit carrots, roasted shallots and chasseur sauce £15.50

Glazed and roasted pork in two styles, caramelised belly and roasted loin, red cabbage puree, crispy polenta croquettes, thyme and honey roots and Calvados sauce £16.95

Monkfish and tiger prawn brochettes, Szechuan stir fried vegetables, sesame rice noodles and sweet and sour chilli £16.95

Fillet of Atlantic hake, roasted artichokes, sunblush tomato, black olive tapenade and romesco sauce £16.50

Chilli con carne, braised basmati rice and sour cream £12.95

Classic Fisherman's pie, prawn, haddock, salmon and hake, parsley creamed potato and garden peas £13.95

Honey roast ham, fried free range eggs and handcut chips £11.95

Deep fried battered North Sea haddock, chunky chips, mushy peas and tartare sauce £9.95 (medium) £13.95 (large)

The Fishpool Inn steak burger, chunky chips, shredded iceberg lettuce and house sauce £11.95

(add a topping for £1.50 - Blacksticks Blue cheese, cheddar cheese, goat's cheese and red onion marmalade, smoked streaky bacon, fried hen's egg, flat cap mushrooms, pepper jack cheese and BBQ sauce or chilli con carne)

Buttermilk fried chicken burger, homemade salad cream, spiced tomato salsa and chunky chips £12.95

Vegan chickpea and butternut squash burger, handcut chips and tomato salsa £12.95

FROM THE GRILL

10oz ribeye of Ridings Reserve beef £23.95 **8oz fillet of Ridings Reserve beef** £26.95 **8oz sirloin steak** £22.95

Salmon supreme and hollandaise £15.50 **Mozzarella, basil & blush tomato filled chicken** wrapped in Italian ham £15.50

All served with scorched beef tomato, flat cap mushroom and chunky chips (see sides for sauces). Make it a surf & turf with king prawns - £2.50

Sides (all £3.50 unless stated otherwise)

Sweet potato fries (£3.95)

Chunky chips

Fishpool mixed salad, house vinaigrette dressing

Crispy beer battered onion rings

Buttered vegetable panache

Creamed potato or champ potato

Truffle and parmesan chips (£3.95)

Baked jacket potato simply buttered or with sour cream and chive

Rocket, cherry tomato and parmesan salad

Sauces (all £2.25)

Bearnaise

Hollandaise

Peppercorn

Red wine

Blacksticks Blue cheese

Diane

Desserts - all £6.25 unless stated otherwise

Sticky toffee and date pudding, salted caramel sauce and banoffee ice cream

Madagascan vanilla crème brûlée, macerated winter fruit compote

Warm double chocolate brownie, chocolate sauce and vanilla ice cream

Fishpool Inn knickerbocker glories, choose from;

Banoffee - caramelised bananas, sticky toffee pieces, salted caramel sauce, banoffee ice cream and marshmallow

Winter fruit - mulled fruit, blood orange, blackberry gel, Cointreau and orange ice cream

Chocolate - double chocolate brownie pieces, chocolate sauce and vanilla ice cream

Gluten free hot buttermilk waffles, choose from;

Caramelised bananas, salted caramel sauce and banoffee ice cream

Mulled winter fruits and vanilla ice cream

Caramelised orange segments, Grand Marnier syrup and Cointreau ice cream

Cheshire Farm ice cream, assortment of flavours available (3 scoops £5.25 or 2 scoops £3.50)

The Fishpool Inn cheeseboard, a selection of locally sourced cheeses including Burts Blue, Shorrock Lancashire, Snowdonia Black Bomber cheddar and Ravens Oak goat's cheese. Served with classic accompaniments and house chutney £8.95

Fishpool Road, Delamere CW8 2HP

Tel: 01606 883277 Email: info@thefishpoolinn.co.uk

thefishpoolinn.co.uk

Owned & operated by Nelson Hotels - www.nelsonhotels.co.uk