

Welcome to The Blair

GLUTEN FREE LUNCH MENU

STARTERS

The Blair Soup of The Day

£4.75

Warm Honey Glazed Goats Cheese with a Red Onion Marmalade and Mixed Salad

£5.95

Chicken Liver Pate served with Garlic Toast and a Plum Chutney

£5.95

Prawn Marie Rose and Smoked Salmon Cornets Served with Fresh Lemon and a Crisp Salad

£7.50

Gluten Free Brushetta Bread with Roasted Red Onion and Pepper topped with Melted Cheese

£5.95

Platter of Seasonal Fruits served with a Fruit Coulis and Apple Sorbet (V)

£5.95

Why not add a side of Cajun or Chilli or Parmesan/Garlic or Plain Fries with your starter (See Side Dishes Overleaf)

BAKED POTATOES

Ayrshire Smoked Ham, Branston Pickle and Cheese

Cajun Spiced Chicken

Prawn Marie Rose

Egg Mayonnaise and Spring Onion

Smoked Bacon, Tomato and Brie

Spicy Marinated Chicken with Baby Gem Lettuce and Coleslaw

All £6.50

Philly Cheese Steak – Sauté Mushrooms, Onion and Steak with Cream Cheese

£7.95

MAIN COURSES

TRADITIONAL

Lambs Liver served with Caramelised Onions and Bacon

£11.50

Cajun Spiced Chicken served with Sour Cream, Rice and a Mild Curry Sauce

£11.95

Tagine of Moroccan Spiced Lamb Casserole served with Rice Pilaff

£12.50

Escalope of Pork topped with Sliced Poached Apples and Calvados Gravy

£13.95

SALADS

Breast of Cajun Chicken or Chargrilled Breast of Chicken or Poached Fillet of Salmon or Sautéed

Garlic Prawns (£3.00 Supplement)

Served with your preference of either

Our House Salad with Smoked Cheese and Cashew Nuts or

Traditional Nicoise Salad with Olives, Tomatoes, Diced Potatoes and Cappers (with or without Boiled Egg and Anchovies) or

Our Caesar Salad with Gluten Free Croutons (with or without Anchovies)

All £12.50

Smoked Salmon and Prawn Marie Rose Cornets with a Seasonal Salad

£14.95

ROAST AND CHARGRILL

Pulled Pork in Barbecue Sauce Served in a Gluten Free Seared Bun with Shredded Pickle, Fries and a Side Salad

£11.50

Marinated Chicken Skewers with Peppers, Mushrooms and Tomato served on Rice with a Sweet Chilli Sauce

£12.95

Chargrilled Pork Chop served with a Whole Roasted Tomato, Garlic Fine Beans and a Red Wine Sauce

£13.95

The Blair Mixed Grill:-Steak, Pork Chop, Chicken Breast and Bacon served with Grilled Tomato, Mushroom and all topped off with a Fried Egg!!

£19.50

Chargrilled Steak Salad with a Choice of Ribeye or Fillet served with Caramelised Onions, Sauté Potatoes,

Fresh Parmesan and Pesto Dressing

£22.95/£27.50

STEAKS FROM THE CHARGRILL

A Selection of Chargrilled 8oz Steaks with Mushrooms, Roasted Tomato and Course Grain Mustard Mash

Ribeye £ 22.95 or Fillet £ 27.50

Includes a Choice of one of our unique sauces

Peppercorn, Red Wine or Garlic Butter

or alternatively

Served Surf and Turf £ 3.50 supplement

FISH

The Blair Fish Pie with Salmon, Prawns and Haddock topped with a Cheddar Cheese Glaze

£12.50

Chilli Caramel Fillet of Salmon with Onions and Coriander served with a Rice Pilaff

£12.50

Poached Fillet of Salmon topped with a Swiss Cheese and White Wine Glaze and Atlantic Prawns

£ 12.50

Smoked Haddock Gratin served with Creamed Potatoes, Ayrshire Smoked Bacon and Cheddar Cheese

£ 14.95

Deep-fried Gluten Free Breaded Haddock with Plain Chip, Served with Tartare Sauce and a Choice of Mushy or Garden Peas

£11.95

SIDE ORDERS

A Small Bucket of Plain or Cajun Fries £ 1.75 or Garlic/Parsley Fries £ 2.50 or Chilli/Parmesan Fries £ 2.50

A Bowl of Seasonal Vegetables £ 2.50

A Bowl of Mashed Potatoes £ 2.50

A Bowl of Garlic and Rosemary Sauté Potatoes £ 2.50

A Bowl of Seasonal Mixed Salad £ 2.75

DESSERTS

Fresh Fruit Salad served with Ice Cream or Fresh Cream

£5.75

Selection of Local Cheeses with Chutney and Grapes

£7.50

Traditional Pavlova and Cream with Seasonal Fruit and an Ice Cream of Your Choice

£5.75

Homemade Gluten Free Sticky Toffee Pudding with Butterscotch Sauce and Vanilla Ice Cream

£5.75

Mixed Ice Cream (As many scoops as you like £1.50 per scoop

Vanilla, Strawberry, Chocolate, Fruits of the Forrest, Lemon Meringue, Mango and Passion Fruit, Coconut and Amaretto)

THE BLAIR'S TRADITIONAL ICE CREAM SUNDAES

Sticky Toffee Sundae- *Homemade Gluten Free Sticky Toffee Pudding, Butterscotch Sauce, Crushed Meringue, Vanilla Ice Cream topped with Homemade Honeycomb*

Tropical Sundae- *Layers of Tropical Salsa, Fresh Cream and Meringue then Topped with Mango and Passion Fruit Ice Cream*

£ 6.95each

TEA AND COFFEE

<i>Flat White Coffee</i>	£ 1.95	<i>Freshly Ground Coffee</i>	£1.95
<i>Espresso</i>	£2.25	<i>Cappuccino</i>	£2.25
<i>Tea</i>	£1.95	<i>Latte</i>	£2.25
<i>Hot Chocolate</i>	£2.25	<i>Luxury Hot Chocolate</i>	£2.75
<i>Liqueur Coffee</i>	£4.95	<i>Flavoured Latte</i>	£2.45
<i>Macchiatto</i>	£2.50	<i>Americano</i>	£1.95
<i>Baileys Hot Chocolate with Marshmallows</i>	£4.95		