

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