

The BLAIR

Gluten Free Menu

Starters

The Blair Soup of The Day
£5.95

Warm Honey Glazed Goats Cheese with a Red Onion Marmalade
and Mixed Salad
£7.45

Smooth Chicken Liver Pate served with Gluten Free Garlic Toast,
Plum Chutney and a Mixed Salad
£7.95

Prawn Marie Rose and Smoked Salmon Cornets Served with Fresh
Lemon and a Mixed Salad
£9.95

Gluten Free Bruschetta Bread with Tomato, Roasted Red Onion,
Garlic and Basil and Mixed Pepper topped with Melted Cheese
serve with a Mixed Salad
£7.45

Platter of Seasonal Fruits served with Fruit Coulis and Green Apple Sorbet (V)
£7.95



Lighter Options

(Only Available Monday – Saturday 12pm Until 3.30pm)

All fillings can be served in either a Baked Potato or a Gluten Free Roll

- 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

£9.95 each

Philly Cheese Steak – Sauté Mushrooms, Onion and Steak with Cream Cheese
£10.50

For a Combination Soup and Deli

Add a Bowl of our Soup of the Day for £3.50

Main Courses

Traditional

Breast of Chicken with Brie and Bacon Served with Seasonal Vegetables, Mashed Potato, a Creamy White Wine Sauce and Cranberry Sauce

£17.95

Lambs Liver served with Caramelised Onions, Green Beans Wrapped in Bacon, Mashed Potato and Gravy

£17.50

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

£17.95

Tagine of Moroccan Spiced Lamb Casserole served with Rice Pilaff, Seasonal Vegetables and a Gluten Free Roll

£18.95

Salad

Choose from the Following and then the Variety of Salads,

Breast of Chicken

£17.95

Breast of Cajun Chicken

£17.95

Poached Fillet of Salmon

£18.95

Cajun Fillet of Salmon

£18.95

Garlic Tiger Prawns

£18.95

House Salad : a Mixed Salad served with Roasted Cashew Nuts and Smoked Cheddar

Caesar Salad : Baby Gem Lettuce in a Caesar Dressing Tossed with Croutons, served with or without Anchovies

Nicoise Salad : a Mixed Salad Served with Olives, Tomatoes, Diced Peppers, Capers with or without Boiled Egg and Anchovies

Steak Salad (Ribeye £29.95 / Fillet £34.95) : a Mixed Salad served with Caramelised Onions, Parmesan and Sauté Potatoes with a Green Pesto Dressing

Smoked Salmon and Prawn Marie Rose Cornets served with a Mixed Salad and Fresh Lemon

£18.95

Fish

The Blair Fish Pie with Salmon, Prawns and Haddock topped with a Cheddar Cheese and Mashed Potato Glaze served with Seasonal Vegetables

£18.95

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

£18.95

Poached Fillet of Salmon topped with a Cheddar Cheese and White Wine Glaze and Atlantic Prawns served with Seasonal Vegetables and Mashed Potato

£18.95

Smoked Haddock Gratin served with Mashed Potatoes, Smoked Bacon and Served with a White Wine Cream and Cheddar Cheese Glaze and Seasonal Vegetables

£18.95

Deep-fried Gluten Free Battered Haddock and Chips, Served with Tartare Sauce, a Mixed Salad and a Choice of Mushy or Garden Peas

£17.95

Roast and Chargrill

Marinated Chicken Skewers with Peppers, Mushrooms and Tomato served with Rice, a Mixed Salad and a Gluten Free Roll with a Sweet Chilli Sauce
£18.95

Chargrilled Pork Chop served with a Grilled Tomato, Seasonal Vegetables, Mashed Potatoes and a Red Wine Gravy
£18.50

The Blair Mixed Grill :- Popeseye Steak, Pork Chop, Chicken Breast and Bacon served with Grilled Tomato, Mushroom, Gluten Free Onion Rings, Mashed Potato, a Side of Gravy and all topped off with a Fried Egg!!
£27.50

Steaks

A Selection of Chargrilled Steaks with Mushrooms, Grilled Tomato, Gluten Free Onion Rings and Mashed Potatoes
12oz Ribeye £29.95 or 9oz Fillet £34.95

With a Choice of Plain Fries or Potato Wedges and Includes a Choice of one of our sauces
Peppercorn, Red Wine or Garlic Butter or
alternatively Served Surf and Turf - £3.95 supplement



Sides

A Bowl of Plain Fries £3.50

A Bowl of Cajun, Garlic/Parsley, Chilli/Parmesan or Chilli and Salt Fries £3.75

A Bowl of Seasonal Vegetables £3.95

A Bowl of Sweet Potato Fries £3.75

A Bowl of Mashed Potato £2.95

A Bowl of Garlic and Rosemary Sauté Potatoes £3.95

A Bowl of Mixed Salad £3.50

A Bowl of Gluten Free Onion Rings £3.75

A Side of Caesar Salad £3.95

A Side of Sweet Chilli/Garlic Mayo/Barbeque/Peppercorn/Curry Sauce £2.00

A Side of Coleslaw/Parmesan Cheese £2.00

Desserts

Fresh Fruit Salad served with Ice Cream or Fresh Cream
£7.95

Selection of Local Cheeses with Chutney and Grapes
£9.50

Traditional Pavlova and Fresh Cream with Seasonal Fruit and Strawberry Ice Cream
£7.95

Homemade Gluten Free Sticky Toffee Pudding with Butterscotch Sauce and Vanilla Ice Cream
£7.95

Mixed Ice Cream (As many scoops as you like £1.95 per scoop)
Vanilla, Strawberry, Chocolate, Banoffee, Coconut, Amaretto,
Mint Chocolate Chip, Toffee Fudge and Mango and Passionfruit

The Blair's Traditional Ice Cream Sundaes

Sticky Toffee Sundae- Homemade Gluten Free Sticky Toffee Pudding, Butterscotch Sauce, Crushed Meringue, Fresh Cream, Vanilla Ice Cream topped with Homemade Honeycomb
£ 9.95

Tea, Coffee and Hot Chocolate

Flat White Coffee _____	£3.25
Cappuccino _____	£3.45
Latte _____	£3.45
Liqueur Coffee _____	£7.95
Flavoured Latte/Mocha _____	£3.75
Macchiato _____	£3.50
Americano _____	£3.25

Espresso _____	£3.25
Double Espresso _____	£3.75
Tea _____	£3.25
Flavoured Tea _____	£3.25
Hot Chocolate _____	£3.45
Baileys Hot Chocolate _____	£7.95
Luxury Hot Chocolate _____	£4.50

Served with Cream and Marshmallows